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15-21 JULY 2023

TV & Satellite week

NEW
FIFTEEN-LOVE
Aidan Turner plays a sinister Grand Slam tennis coach

LIVE!

WORLD CUP

The Lionesses go for glory Down Under

FROM THURSDAY
ITV1 & BBC

NEW
WORLD ON FIRE
The wartime drama blazes back

NEW
THE SIXTH COMMANDMENT
Timothy Spall in a true-life murder case

HotList This week's 28

Saturday 15

Wimbledon finals

***TENNIS** BBC1, BBC2 & iPlayer, from 11am*

A final weekend of tennis action at the All England Lawn Tennis and Croquet Club featuring the ladies' singles and men's doubles finals. The men's singles final takes place tomorrow from 1pm (BBC1).

T20 Blast Finals Day

***CRICKET** Sky Sports Main Event & Sky Sports Cricket, play starts 11am*

The four top teams arrive at Edgbaston for Finals Day. James Vince (above) led the Hampshire Hawks to victory over Lancashire Lightning last year.

Becoming Elizabeth

***DRAMA** C4, 9.15pm*

This series about Elizabeth I is set following the death of Henry VIII, with his children Mary, Elizabeth (Alicia von Rittberg, above) and Edward vying for power.

● ***Previously shown on STARZPLAY***

Armageddon Time

***DRAMA** Sky Premiere, 10.25pm*

Coming-of-age drama set in the 1980s, about a Jewish-American boy (Banks Repeta) who befriends an African-American classmate (Jaylin Webb). Anne Hathaway also stars. *See review, page 23*

■ Full listings start on **p35**

Sunday 16

The Locksmith

***THRILLER** Sky Premiere, 6.15pm*

Ryan Phillippe (above) stars as an ex-con who falls back into criminal ways despite his hopes for a reformed life with his ex, detective Beth (Kate Bosworth), and their daughter. *See review, page 23*

Young Sheldon

***COMEDY** E4, 8pm & 8.30pm*

As the sixth series of the comedy kicks off, George Sr has to bail Georgie and Meemaw out of jail, Missy and Sheldon try to help out with the family's finances and Mary feels unwelcome at church.

Rocketman

***BIOPIC** C4, 9pm*

Following Sir Elton John's sensational set at this year's Glastonbury Festival, here's a chance to catch the superb musical fantasy that recounts his breakthrough years. Taron Egerton (above) stars.

World on Fire

***DRAMA** BBC1, 9pm (box set, BBC iPlayer)*

As the World War Two drama returns for a second series, young soldier Harry (Jonah Hauer-King) has brought his Polish bride Kasia (Zofia Wichlacz) home to Cheshire. *See feature, page 6*

■ Full listings start on **p45**

Monday 17

Extraordinary Portraits

***FACTUAL** BBC1, 8.30pm (times vary)*

Comedian and art lover Bill Bailey pairs NHS workers with portrait artists, starting with Martin Griffiths, a trauma surgeon, whose likeness is captured by sculptor Nick Elphick. *See feature, page 12*

University Challenge

***QUIZ SHOW** BBC2, 8.30pm*

Following Jeremy Paxman's retirement from the show, Amol Rajan (above) takes over as quizmaster in the new series, which also features a new set, new title music and, of course, some fiendish questions.

The Sixth Commandment

***DRAMA** BBC1, 9pm (box set, BBC iPlayer)*

Timothy Spall (above) and Anne Reid star in this fact-based drama about the deaths of Peter Farquhar and Ann Moore-Martin, following their attachments with a younger man. Continues tomorrow. *See feature, p7*

Earth

***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

Chris Packham (above) hosts a biography of our planet, using CGI to demonstrate pivotal moments from the Earth's natural history. *See Documentaries, page 20*

■ Full listings start on **p55**

Tuesday 18

Women's Ashes: 3rd ODI

***CRICKET** Sky Sports Main Event & Sky Sports Cricket, play starts 1pm*

The women's multi-format Ashes series comes to an end in Taunton today with this third and final one-day international between England and Australia.

Live: Lost Dogs with Clare Balding

***FACTUAL** Channel 5, 8pm*

Clare Balding hopes to help reunite owners with their missing dogs with live appeals. There'll also be advice on how to keep your pet safe. *See feature, page 12*

The Great Flood of '53

***DOCUMENTARY** Channel 5, 9pm*

This documentary examines the devastating flood that killed hundreds of people across the country in the winter of 1953, and how it brought about a dramatic overhaul of our sea defences.

Retro Electro Workshop

***FACTUAL** Yesterday, 9pm*

In these days of smart-tech and AI, super-fixer Rob Howard (above) harks back to a simpler time as he and his team repair and restore 'anything old with a plug on it', starting with an 80s Atari games console.

■ Full listings start on **p65**

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best shows

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Wednesday 19

The Bear
DRAMA Disney+
The kitchen-based drama returns for a second series, and chef Carmy (Jeremy Allen White, above) is determined that the restaurant is going to be a success. *See Your Watchlist, page 17*

The Deepest Breath
DOCUMENTARY Netflix
Documentary about the dangerous sport of freediving, following Italian champion Alessia Zecchini and safety diver Stephen Keenan as they form a fateful connection in the ocean's depths. *See review, page 23*

I Wanna Rock: The '80s Metal Dream
DOCUMENTARY Paramount+
There's spandex and big hair aplenty in this three-part docuseries about some of America's biggest metal bands of the 80s, including Twisted Sister (above).

Rob & Romesh Vs...
ENTERTAINMENT Sky Max & Sky Showcase, 9pm
Rob Beckett and Romesh Ranganathan are back for a fifth series of their have-a-go show. They begin by performing a magic show in Las Vegas. *See feature, page 8*

■ Full listings start on **p75**

Thursday 20

The Open Championship
GOLF Sky Sports Main Event & Sky Sports Golf, from 6.30am
The last major of the year tees off at the Royal Liverpool. Australia's Cameron Smith (above) won last year. Continues tomorrow. *See Sport Week, page 28*

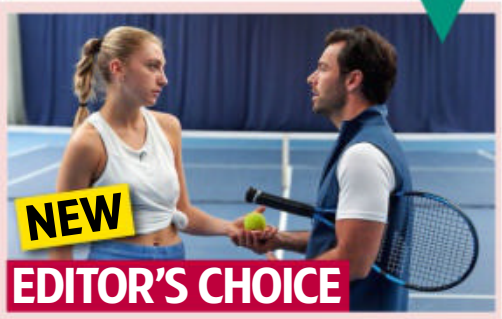
Women's World Cup
FOOTBALL BBC1 & ITV1
Joint hosts Australia and New Zealand kick off the tournament this morning. The Ferns face Norway (BBC1, k-o 8am) before the Matildas take on Ireland (ITV1, k-o 11am). Continues tomorrow. *See feature, page 4*

Who Do You Think You Are?
DOCUMENTARY BBC1, 9pm (times vary)
Comic Chris Ramsey (above) is the latest celebrity to delve into the archives, where he learns about an ancestor who won a very unusual lottery. *See feature, page 11*

The Supervet: Puppy Special
DOCUMENTARY C4, 9pm
Prof Noel Fitzpatrick (above) makes a welcome return to help animals in crisis in a new four-part series, which begins with a puppy special. *See Documentaries, p21*

■ Full listings start on **p85**

Friday 21



Fifteen-Love
DRAMA Prime Video
Ella Lily Hyland and Aidan Turner star in a tense drama about a failed tennis star who makes a shocking accusation against her former coach, which divides the tennis world. *See Your Watchlist, page 14*

Stephen Curry: Underrated
DOCUMENTARY Apple TV+
The coming-of-age story of Golden State Warriors' point guard Stephen Curry (above), one of the most influential, dynamic and unexpected players in basketball history.

They Cloned Tyrone
SCI-FI COMEDY Netflix
A series of strange events throws an unlikely trio down a rabbit hole and on the trail of a conspiracy, in this sci-fi comedy starring John Boyega, Teyonah Parris and Jamie Foxx.

Babylon
COMEDY DRAMA Sky Premiere, 9pm
Damien Chazelle's epic tribute to Hollywood's golden age reunites *Once upon a Time In... Hollywood*'s Margot Robbie and Brad Pitt as two stars of the silver screen. *See review, page 22*

■ Full listings start on **p95**

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World in motion

The Lionesses head Down Under for the Women's World Cup

LIVE FOOTBALL
Women's World Cup
Thu & Fri, times vary, BBC1, BBC2 & ITV1

As the World Cup kicks off this week in Australia and New Zealand, hopes will be high among England fans in the wake of the Lionesses' triumph at last year's European Championships.

Here, we preview the groups and pick the players to look out for…

GROUP A
New Zealand, Norway, Philippines, Switzerland

Norway lifted the World Cup in 1995, but exited the 2022 Euros early after an 8-0 thrashing by England. Co-hosts New Zealand have a poor record but could be lifted by the home crowd. Switzerland qualified via a last-gasp play-off victory over Wales, while the Philippines make their first appearance.

GROUP B
Australia, Canada, Nigeria, Republic of Ireland

Co-hosts Australia ended England's 30-match unbeaten run in April, beating the Lionesses 2-0, and will hope to improve on their record of three quarter-finals. The Republic of Ireland are making their debut, having beaten Scotland in a play-off. Nigeria's Super Falcons have played at every World Cup, but only progressed from the group stage twice, while Olympic champions Canada are in poor form.

GROUP C
Costa Rica, Japan, Spain, Zambia

Spain won all eight qualifying games, but preparations have been hampered by a player mutiny demanding better resources. Japan stunned the USA to win the 2011 World Cup, before losing to them four years later. Costa Rica could be a surprise package in their second World Cup, while debutantes Zambia have quality up front but a leaky defence.

Sweden's Nathalie Björn and Olivia Schough

GROUP D
China, Denmark, England, Haiti

England's Lionesses are riding high following last summer's Euros triumph, but have lost senior players to injury and retirement. Denmark are in their first finals since 2007, and ex-Chelsea player Pernille Harder could pose a threat. Losing 1999 finalists China have been slipping down the rankings, and debutantes Haiti surprised Senegal and Chile in qualifying.

Brazil's Marta and South Korea's Ji So-yun

GROUP E
Netherlands, Portugal, USA, Vietnam

Champions USA are aiming to become the first-ever football team (male or female) to win a third World Cup in a row. Also in their group is the Netherlands, whom they beat in the 2019 World Cup final. Portugal are making their first appearance, and fellow debutantes Vietnam face a baptism of fire in their first game against the champions.

GROUP F
Brazil, France, Jamaica, Panama

France have regrouped following the turbulent reign of previous manager Corinne Diacre, but will miss prolific PSG striker Marie-Antoinette Katoto, who is out with an injury. Brazil took England to penalties at Wembley in April, and will be hoping top scorer Marta is fit enough to play. Jamaica's Reggae Girlz are playing in only their second World Cup, while Panama are taking part for the first time.

GROUP G
Argentina, Italy, South Africa, Sweden

Runners-up in 2003, Sweden have also finished third on three occasions and reached the semi-finals at Euro 2022. Argentina have yet to win a game at the World Cup finals, having previously qualified three times. Italy accrued only one point at Euro 2022, but boast impressive firepower up front, while South Africa won last year's Africa Cup of Nations under former Spurs manager Desiree Ellis.

GROUP H
Colombia, Germany, Morocco, South Korea

Two-time winners Germany were runners-up at Euro 2022, and should easily progress from the group – they could meet the Lionesses in the quarter-finals. Colombia's rising star is 18-year-old Linda Caicedo, while South Korea will rely heavily on former Chelsea midfielder Ji So-yun. Losing Africa Cup of Nations finalists Morocco are playing at their first finals.

Alex Morgan USA
Age 34 Club San Diego Wave
Position Forward
The veteran striker and penalty taker won last season's National Women's Soccer League Golden Boot after netting 15 times in 17 games. Her many other honours include two World Cups, Olympic gold and a Champions League title with Lyon. With more than 200 caps, she is Team USA's most-experienced player.

Sam Kerr Australia
Age 29 Club Chelsea
Position Forward
The Matildas' inspirational captain was already the leading all-time scorer in Australia's W-League and the USA's NSWL before her move to Chelsea, where she has won the league and both domestic cups. She scored five times in the last World Cup and led Australia to a fourth-place finish at the Olympics.

WORDS: IAN MACEWAN. PHOTOS: ALAMY, BBC, GETTY, ITV

Katie McCabe

Republic of Ireland
Age 27 **Club** Arsenal
Position Midfielder

Starting her senior career with Irish side Raheny United, where she won successive league and cup doubles, the versatile left-sided player has won the FA Cup, Super League and League Cup at Arsenal. She became the youngest captain of the national side at 21, and was Ireland's top scorer in qualifying.

Lena Oberdorf Germany

Age 21 **Club** Wolfsburg
Position Midfielder

The talented midfielder was just 17 when she became the youngest player to represent Germany on the world stage at France 2019, and was one of the star performers at Euro 2022. Mature beyond her years, she is effective at breaking up play and can make surging runs.

Lucy Bronze England

Age 31 **Club** Barcelona
Position Right back

After successful spells at Liverpool (winning back-to-back league titles) and Manchester City, the defender spent three years at Lyon, where her many honours included domestic success and three Champions League titles. She has more than 100 caps and has twice been England's Player of the Year.

DID YOU KNOW?

- This is the ninth Women's World Cup, the first to be held in the southern hemisphere, the first to be co-hosted by two countries – Australia and New Zealand – and the first to feature 32 teams.
- Ten stadia in nine cities across Australia and New Zealand will host the games. The Lionesses play their group games in Brisbane, Sydney and Adelaide, and the final is at Sydney's Stadium Australia, built for the 2000 Olympics.
- Around 1.5 million fans are expected to attend the tournament, which will be watched by an estimated global television audience of two billion.

THE TV TEAMS

The BBC presenting team

The BBC's line-up will be headed by presenters Alex Scott, Gabby Logan and Reshmin Chowdhury, with pundits including former England stars Fara Williams, Ellen White, Steph Houghton, Rachel Brown-Finnis and Anita Asante, plus Arsenal coach Jonas Eidevall. Robyn Cowen, Karen Bardsley and Jonathan Pearce are among the commentators.

ITV coverage will be presented by Laura Woods, Seema Jaswal and Michelle Owen, joined by former Lionesses including Eni Aluko, Karen Carney, Jill Scott, Fran Kirby and Siobhan Chamberlain, plus Irish goalkeeper Emma Byrne, Scotland's Jen Beattie, Spain's Vicky Losada and Chelsea manager Emma Hayes. Commentary comes from Seb Hutchinson, Sam Matterface, Pien Meulensteen and Tom Gayle.

The ITV line-up

Freedom FIGHTERS

The battle to defeat the Nazis resumes in the second series of BBC1's **sweeping war saga**

NEW DRAMA
World on Fire
Sunday, 9pm, BBC1 (box set, iPlayer)

Intrepid young heroes from across the globe continue their fight for freedom as the epic World War Two drama *World on Fire* returns for a second series.

We rejoin the story in late 1940, with young soldier Harry Chase (Jonah Hauer-King) arriving home in Cheshire with his new bride, Polish resistance fighter Kasia (Zofia Wichłacz), as German bombers prowl the skies above Manchester.

Harry and Kasia fell in love while he was stationed in Poland as a translator in the first years of the war and he helped evacuate her younger brother Jan to England, where he now lives with Harry's mother Robina (Lesley Manville).

'Harry and Kasia have a really beautiful, young, pure relationship,' says Hauer-King. 'But as the war unfolds, they go through so much trauma that they find it difficult to communicate. They're now facing up to the reality of how they have changed as individuals.'

Meanwhile, Harry's old flame and the mother of his baby, Lois Bennett (Julia Brown), has joined Manchester's ambulance service and spends her evenings rushing to the aid of those who've been caught up in the air raids.

Following the deaths of her father Douglas and fiancé Vernon, played by Sean Bean and Arthur Darvill in the first series, Lois only has her brother Tom (Ewan Mitchell) for support.

'At the end of series one, Lois had just given birth and accepted a proposal of marriage from Vernon,' says Brown. 'But now she's in quite a different place. Her fiancé has been killed in the Battle of Britain and her father has also died, so she's a young, grieving mother with a baby that she's struggling to have maternal feelings for. She's also still worrying about Harry and is faced with the reality that his new wife Kasia will be coming

The show also ventures into Nazi Germany

WORDS: SEAN MARLAND, TESS LAMACRAFT. PHOTOS: BBC

From left: Stars Miriam Schiweck, Gregg Sulkin, Zofia Wichlacz, Jonah Hauer-King, Julia Brown, Ahad Raza Mir and Lesley Manville

'They're now facing up to the reality of how they have changed as individuals'
JONAH HAUER-KING

back to England with him. It's a lot to deal with!'

As well as the bombed-out streets of Britain, this week's first episode ventures deep within Nazi Germany, and also follows the exploits of the RAF pilots battling to protect Manchester from German bombers.

EXPLOSIVE

Meanwhile, in the deserts of North Africa, Indian soldiers – known as sappers – are fighting alongside British soldiers including Stan Raddings (Blake Harrison) and clearing minefields as the Allies advance towards Tobruk.

It's a mission that feels important for Rajib (Ahad Raza Mir), an Indian officer in the British Army, but as the series progresses, he begins to feel disillusioned by the attitude of his white comrades.

'The sappers are military engineers who handle explosives,' says Mir, who plays the new character. 'They're the people who lay the minefields but also make sure that the path is clear for the rest of the troops.

'But even though the sappers are taking all of those risks for the Army, they face systemic racism.

'As the series progresses, you see Rajib realising that maybe what he thought was right isn't that right after all. It's heartbreaking to see what he goes through.'

Timothy Spall and Anne Reid

Village of death

Timothy Spall and Anne Reid play the victims of a real-life killer

Éanna Hardwicke as Ben Field

NEW DRAMA
The Sixth Commandment
Mon & Tue, 9pm, BBC1 (box set, iPlayer)

The chilling case of a murderer who preyed on two elderly neighbours is brought to life in a new four-part drama starring Timothy Spall and Anne Reid.

BBC1's true-crime drama *The Sixth Commandment* features Spall and Reid as victims Peter Farquhar and Ann Moore-Martin, who both lived in the village of Maids Moreton, Buckinghamshire, and were duped by killer Ben Field.

'Peter and Ann were two deeply intelligent and religious people who were hoodwinked by someone into what they believed were loving relationships,' says Spall.

MANIPULATED

The drama begins with Peter, a highly respected teacher, retiring from his job and taking a position as a guest lecturer at the University of Buckingham, where he met Field.

'Field was intelligent and mature and the two men began a relationship,' explains Spall, 66. 'Field offered Peter, who had been repressing his sexuality, an intimacy that he had craved his whole life.'

However, family members were alarmed when Peter, who was sharing his home with Field, started to become very ill, unaware that Field was poisoning him in order to get his inheritance.

When Peter died suddenly in 2015, aged 69, it was initially believed the cause was alcohol intoxication. Meanwhile, Field moved on to his next victim, retired Ann.

'Field feigned a religious belief to gain Ann's confidence and lavished attention on her,' explains Reid, 88. 'He told her he'd fallen in love with her.'

But in 2017, Ann was admitted to hospital and her niece Anne-Marie learnt that her will had been changed in favour of Field, and she called the police. It was only after diaries of Peter's provided evidence that Field was arrested. In 2019, he was sentenced to a minimum of 36 years in prison.

Starring Éanna Hardwicke as Field, the drama was made with the backing of the victims' families.

'This drama is a tribute to Peter and Ann,' says Spall, 'and to the bravery of their families, who were determined to find justice.'

A kind of magic!

Romesh Ranganathan and Rob Beckett are on a mission to become magicians as their challenge show returns...

Starting out with card tricks

NEW ENTERTAINMENT
Rob & Romesh Vs...
Wed, 9pm, Sky Max & Sky Showcase

We've seen them do drag, take to the West End stage, play tennis with Sir Andy Murray and train with the England men's football team ahead of the 2022 World Cup.

Now, comedians Romesh Ranganathan and Rob Beckett are again plunging head first into the unknown by taking on K-pop, Crufts and classical music for a fifth series of their have-a-go show *Rob & Romesh Vs...*

The first challenge sees the duo attempt to become magicians, and they head to Las Vegas to learn the tricks of the trade from world-famous double act Penn & Teller before joining them for a special encore performance at their residency show.

TRICKERY IN VEGAS

'Penn & Teller are megastars,' says Beckett, 37. 'They've been headlining at the Rio hotel in Vegas for over two decades. Anything you can do in show business, they've done, and now we're here to ruin it!'

Penn & Teller set the comedians a tough trick for their performance – a complex and physically demanding body-separating routine. But first, the celebrity pals must learn the basics, including simple card tricks and sleight of hand. However, it's soon clear that Beckett struggles with the subtle precision needed to master the art of trickery!

'I was so panicked because Romesh got it so quickly, and I was going, "What are we doing?" What I've learnt is I'm not going to be able to do it,' says Beckett.

> 'It's amazing to watch Penn & Teller do these tricks'
> ROMESH RANGANATHAN

'It's amazing to watch Penn & Teller do these tricks,' adds Ranganathan, 45. 'But it's a double-edged sword because they look impossible, and then you realise you've got to do one of them as part of their encore.'

PREPARATIONS

With both Ranganathan and Beckett struggling, they are sent off to Jeff McBride's Magic & Mystery School for more practice, and as the big performance looms, the pair also test out what they've learnt by doing street magic on the Las Vegas Strip.

Yet, success or failure, Beckett says the week-long experience has given him the gift of mind reading that he never knew he had!

'I've unlocked a part of my brain and I don't know where it's going to lead me,' he jokes. 'I need to get representation and I need to look at new management. I'm going to chat with Derren Brown and find out who his agent is and then give David Blaine a bell and work out my new route in this world of magic!'

THE CHALLENGES AHEAD

Heading to a K-pop gig

Rob & Romesh Vs K-pop
Beckett and Ranganathan go to South Korea to learn more about the music phenomenon before performing on Hongdae Street, the hotspot for wannabe K-pop acts.

Rob & Romesh Vs Crufts
The pair attempt to turn their unruly family pets – Beckett's whippet Fred and Ranganathan's miniature goldendoodle Reggie – into dog-show superstars at Crufts.

WORDS: HANNAH DAVIES, ALISON SLADE. PHOTOS: ALAMY, BBC, ITV, SKY

From left: Beckett, Penn & Teller, and Ranganathan

Romesh Ranganathan (left) and Rob Beckett

Hoping for a Best in Show

They'll be joining an orchestra

Rob & Romesh Vs Classical Music

After learning about the various roles in an orchestra, Beckett and Ranganathan join the London Philharmonic Orchestra for a sell-out performance at London's Royal Festival Hall.

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Tim is furious with Stephen

CORONATION STREET

Tim confronts Stephen after uncovering his evil plot to kill Elaine...

» **When Stephen learns** that a potential buyer for Underworld is having a hard time as his wife's life-insurance policy isn't paying out after she took her own life, he realises that faking Elaine's suicide may not be the best moneymaking scheme.

Coming up with a plan B, he books them a trip to the Peak District… where he intends for her to suffer a fatal 'fall'.

But as Elaine's preparing for the off, she sees a family photo at the Platt house, featuring Stephen's ex-wife Gabrielle. Recognising her as the 'consultant' whom Stephen had a video call with, she realises he's been lying to her. Covering her alarm, she goes to tell Tim.

Elaine realises the truth

As she pieces together Stephen's suspicious behaviour, she shows her son a metal box at home that her fiancé files thing in. Prising it open, the pair find the forged life-insurance document.

Shaken Elaine gets out of the way, and Tim confronts Stephen on his return.

A struggle ensues as he warns the calculating Canadian the game is up. Could he become Stephen's fourth victim?

» **PLUS** Spider discovers Toyah has been kidnapped, Aadi is hit on by married woman Courtney, Lauren's dad Reece gets an 18-year prison sentence, Adam has another panic attack, and Brian finally gets shot of cousin Isabella.

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ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Rocky's ex Jo makes a shock announcement on his wedding day to Kathy (above), Eve urges Stacey to give things another go with Martin, Lisa's lies unravel, Sharon tells Phil the truth about Keanu, and Denzel upsets Amy.

EMMERDALE

» Faye returns and blackmails Mary (right), Caleb offers to invest in Tracy's proposed nursery, Rishi tries to make amends with Jai, Marshall ends things with Arthur and leaves the village, and Bernice makes a shock discovery.

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War heroes

Chris Ramsey uncovers stories of his family's bravery in both world wars

Chris Ramsey

FACTUAL

Who Do You Think You Are?

Thu, 9pm (times vary), BBC1

Comedian and presenter Chris Ramsey always knew his maternal grandfather, Alf Lawson, served in the Royal Navy during World War Two, although Alf never spoke about it.

But after his death, the family discovered a Russian war medal, as well as photographs depicting the aftermath of the atomic bombing of Nagasaki in Japan.

In this week's *Who Do You Think You Are?*, Ramsey pieces together Alf's service record and discovers he served on the *HMS Ulster Queen*, which escorted vital war supplies from Britain to the Soviet Union as part of the notoriously dangerous Arctic convoys. Then, while serving on *HMS Speaker*, Alf became one of the first people to witness the devastation of Nagasaki in August 1945.

However, it turns out Alf isn't the only war hero in Ramsey's family. His paternal great-grandfather, Dryden Gordon Young, was in the Army during World War One and fought in the Gallipoli campaign and at the Battle of Passchendaele.

Here, Ramsey, 36, tells us what he found out…

Great-grandad Dryden Gordon Young

Maternal grandfather Alf Lawson

How much did you already know about your family history? I once tried to find out about it for a stand-up show and it was just miners as far back as I could be bothered to go. It goes without saying that the team on this show found out much better stuff than that!

Alf (right) with Ramsey as a baby

What did you learn about your great-grandfather Dryden Gordon Young? He was a war hero. He fought in some of the most pivotal battles in World War One and he was also captured and placed in a POW camp in Germany. His entire story is incredible and I'm over the moon that the world will now hear about it.

What can you tell us about your grandfather Alf Lawson's time in the Royal Navy? Alf was part of the Arctic convoys that took supplies to Russia during World War Two. The journeys were apparently horrific. They were sometimes sailing in 24 hours of darkness due to the Arctic winters and consistently getting attacked from land, air and sea.

How did it feel to learn that your relatives played a part in two of the most pivotal wars in history? It's incredibly humbling to know they fought for our freedom and put their lives on the line for their country and their loved ones. It made me think about how terrified they must have been and how I honestly don't know if I could do the same.

You liked…

This England on Sky Atlantic

Sir Kenneth Branagh (right) portrayed Boris Johnson in this 2022 drama that charted the tumultuous opening months of the then Prime Minister's time in office, as he grappled with COVID and Brexit. It also starred Ophelia Lovibond as Carrie Symonds and Andrew Buchan as Matt Hancock.

Now try this…

Scoop on Netflix

This upcoming drama gives the inside account of *Newsnight*'s bombshell 2019 interview with Prince Andrew. Gillian Anderson will star as then *Newsnight* presenter Emily Maitlis, who conducted the now-famous TV exchange, while Rufus Sewell plays the disgraced royal. Keeley Hawes and Billie Piper also star.

Gillian Anderson and Rufus Sewell

WORDS: HANNAH DAVIES. PHOTOS: BBC, CHRIS RAMSEY, GETTY, SKY.

Look Who's Back...

A familiar face appearing in a new show this week

Rosie Jones

NEW Rosie Jones: Am I a R*tard?

Thursday, 10pm, C4

Born in Yorkshire in 1990, comedian Rosie Jones shot to fame as a roving reporter on the C4 show *The Last Leg* (pictured). For her C4 travelogue *Trip Hazard: My Great British Adventure*, she has visited locations across the UK accompanied by celebrities such as Scarlett Moffatt and Guz Khan, while her comedy panel-show appearances include *Hypothetical*, *Would I Lie to You?* and *Guessable*.

HER NEW SHOW

This week, Jones, 33, who has cerebral palsy, presents a new C4 documentary exploring society's attitudes towards disabled people. As someone who has received abuse online, Jones looks at the language used against those with disabilities, meets other people who have been targeted, and investigates how widespread the problem is. She also speaks to those campaigning for change and ropes in some of her comedian friends to help raise awareness.

Rosie Jones

Pictures of health

Bill Bailey presents a new series of *Extraordinary Portraits*, in which NHS heroes sit for talented artists

NEW FACTUAL

Extraordinary Portraits

Mon, 8.30pm (times vary), BBC1

Comedian Bill Bailey takes over presenting duties from previous host Tinie Tempah for the new series of *Extraordinary Portraits*, in which people with remarkable stories sit for talented artists.

This time, the extraordinary subjects of the portraits all work for the NHS, and first up is inspirational trauma surgeon Martin Griffiths, who is rendered in clay by sculptor Nick Elphick.

The theme of the series, which also features a nurse, a paramedic, a porter and a cleaner, has been chosen to mark the 75th anniversary of the NHS, to which Bailey has a personal connection.

'My dad was a GP, my mum was a nurse, and my two nieces work in the NHS as a nurse and a midwife,' reveals the 58-year-old. 'I'm just struck by the kindness and professionalism of the staff and the level of care that we have access to. It's absolutely extraordinary and we are so fortunate to have it in this country.'

Surgeon Martin Griffiths (right)

FAN ART

Besides his NHS links, Bailey was particularly interested in working on the series because of his own interest in art.

'I love to sketch, and recently the subject has been wildlife,' he reveals. 'I did an ornithology book a few years ago in which I sketched a lot of birds. It's a hobby, and it's very relaxing.'

Bailey reveals that he's had his own portrait done in a rather unusual style.

'I'm a fan of the American metal band Mastodon,' he says. 'I met the guy who does their album cover artwork, and he presented me with this representation of myself in the style of a Mastodon album cover. It's extraordinary, a bit like a sign of the zodiac, and I have a third eye in it!'

He also reveals that he receives various depictions of himself that are sent to him by ardent fans.

'People give me all sorts of things – paintings, drawings, cartoons, even musical instruments,' he smiles. 'One of them even made a wind-up Bill Bailey toy. It has a proper key on the side, bad hair, grey eyes and a beard, and is dressed in a silver suit, beating a little drum!'

Looking for leads

Clare Balding is searching for Britain's missing dogs

LIVE FACTUAL

Live: Lost Dogs with Clare Balding

Tuesday, 8pm, Channel 5

In the UK, dogs are part of the family – 13 million of them live in our homes. But 40% of owners have had a dog go missing and 60% of those pets are never recovered.

Presenter and dog lover Clare Balding is hoping to help rectify that situation with her new three-part Channel 5 series *Live: Lost Dogs with Clare Balding*. Each episode will feature

WORDS: IAN MACEWAN, NATASHA HOLT, JUDY EWENS, STEVEN PERKINS. PHOTOS: BBC, CBS, C4, CHANNEL 5, SKY

Host Bill Bailey

Sculptor Nick Elphick

missing and found dogs and will ask viewers to get in touch if they have any information that might lead to a happy reunion.

There will also be stories of dogs who have been returned to their families, and expert advice on keeping dogs safe.

Here, Balding, 52, tells us more about the series...

What can viewers expect from the programme? Think of it as *Crimewatch* for dogs! It's a live show in case there's a development during the hour we're on TV, which there could be if you put up a photo asking if anyone has seen a particular dog. Hopefully we'll get feedback from the audience during the programme.

What sort of advice will you be giving? We'll be giving advice on how to keep your pets safe and offering tips for what to do if your dog does go missing. Your instinct might be to get a search party out there, but actually what can happen is the dog can get very scared by all these strange people shouting their name.

Can you tell us about some of the stories featured in the series? There's a little terrier called Millie who was lost for four days and a search-and-rescue drone spotted her stranded on mudflats. The tide was rising and they needed to take action urgently to save her, so they dangled a sausage from a drone and Millie followed the sausage! There's also Ralph, a little Cavapoo, who slipped his lead and jumped in a taxi to the airport while his owner was desperately looking for him!

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

NEW University Challenge

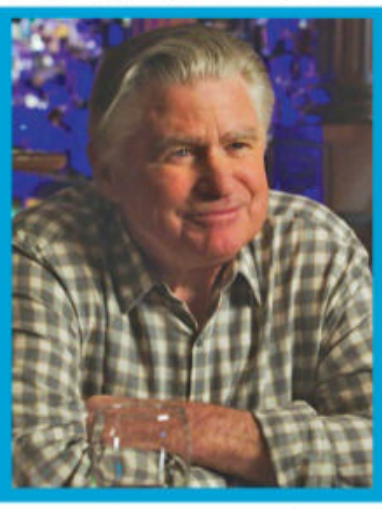
Monday, 8.30pm, BBC2

A new era begins on Britain's longest-running quiz, as journalist Amol Rajan takes over from Jeremy Paxman in the presenter's chair. There's a new set as well as a new host, but the questions remain as fiendishly tough as ever, as the brightest minds of academia put the breadth of their knowledge to the test. 'Being asked to host my favourite TV programme is dream-come-true territory,' reveals Rajan (left).

Young Sheldon

Sunday, 8pm & 8.30pm, E4

The sixth season of the US sitcom opens with George Sr and Dale bailing Meemaw and Georgie out of jail following the pair's arrest after they went to Mexico to buy cheap cigarettes for their gambling business. In the second episode of a double bill, Sheldon (left) and Missy try to help the family's finances and Mary struggles to find her footing without the church.



Blue Bloods

Monday, 9pm, Sky Witness

Treat Williams (left) again guests as Lenny Ross, long-time friend and former partner of New York police commissioner Frank Reagan (Tom Selleck). But Frank suspects that his old pal is hiding the real reason for his return to the city. Sadly, it will be the last of Williams' appearances in the show. He died on 12 June, aged 71, following a motorcycle accident near his home.

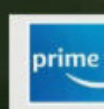
The Blacklist

Sunday, 10pm, Sky Max & Sky Showcase

In the crime thriller's 200th episode, Red (James Spader) attempts to track down a late financier's fortune, which can only be found by solving a series of challenging clues. Also after the millions is the Hyena, an assassin who acquires the hidden assets of the dead by going after their loved ones. Determined to secure the money for its rightful heirs, the task force band together.

Break point

Aidan Turner plays an elite tennis coach facing allegations of abuse



Fifteen-Love

NEW *Available:* ***Friday 21 July***
Genre: ***Drama*** *Season:* ***1*** *Eps:* ***6***

It's game, set and match in Prime Video's tense new drama, set in the world of elite tennis and exploring complex ideas surrounding trust, power and obsession.

The six-part series follows tennis prodigy Justine Pearce (played by newcomer Ella Lily Hyland), who had a meteoric rise to superstardom as a 17-year-old while guided by her coach Glenn Lapthorn (Aidan Turner).

That's until her Grand Slam dreams were shattered following a catastrophic wrist injury during the French Open, leading to her being ditched by her coach and facing early retirement from the game.

Now, five years later, Justine is working as a physiotherapist at her old tennis academy when she makes an explosive allegation against Glenn that shocks and divides the tennis world.

'The story is so layered and ambiguous – it feels timely and important, and also raw,' says *Poldark* and *The Suspect* star Turner, 40. 'Glenn is a complex character. He's edgy, dangerous and manipulative, which is very different from the moral or heroic protagonists I've played before.

'But even so, I remember reading the script and thinking, "Who's telling the truth in this situation?" I love these types of dramas when you sit down to watch and you don't know who to believe. Why would Justine be lying? Is Glenn credible? You're constantly flipping between the two.'

Ella Lily Hyland as Justine

Harmony Rose Bremner (left) as Renee

DIFFERENT SIDES

As a traumatised Justine confides in the police and those around her, including tennis pal Renee (Harmony Rose Bremner), she discovers that not everyone trusts her side of the story. Meanwhile, Glenn confidently dismisses any suggestion he's abused his position of trust and continues to revel in his latest success coaching a new protégé to the French Open final.

But Justine soon becomes so consumed by jealousy, dark thoughts surrounding her failed career and intense memories of her time with Glenn that the battle for the truth becomes destructive for them both.

'Justine was really in love with Glenn and was destroyed by that relationship,' explains rising Irish star Hyland. 'It was a damaging dynamic, regardless of what went on intimately or otherwise. Glenn became the main person in Justine's life and she isolated herself from the rest of the world, and that's tarnished all her other relationships.

'The drama really challenges people to think about those grey areas and the nuances of player-coach relationships.'

But despite the provocative subject matter, both Turner and Hyland say they had a fantastic time on set, especially filming the tennis sequences.

'I was worried about having to play tennis for the series. It looks easy, but it's a very hard game!' laughs Turner. 'Luckily, a lot of it was choreographed and shot in a way that made sure I didn't look like a complete amateur.'

Aidan Turner and Ella Lily Hyland as Glenn and Justine

Aidan Turner as Glenn

What we're watching...

The shows being enjoyed by the *TVSW* team

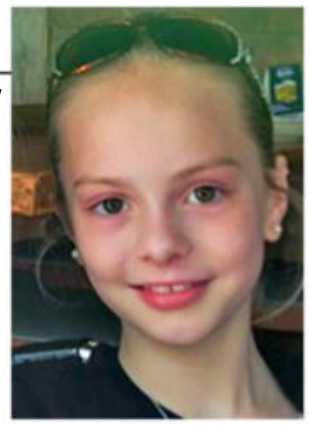
prime video That Peter Crouch Film

Genre: ***Documentary***
Episodes: ***One-off***

At 6ft 7in tall, Peter Crouch was an unlikely footballer. The fans agreed and hurled abuse at him, while he was ridiculed in the press. But he had the last laugh, scoring more than 100 Premier League goals and winning 42 England caps. Crouch's good nature and his winning ability to laugh at himself have given him national-treasure status, and in this engaging documentary, he reflects on some of the bad times, but for the most part celebrates his good fortune.

NETFLIX Take Care of Maya

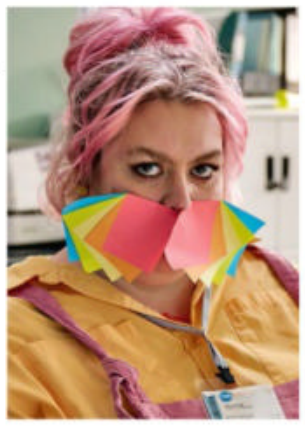
Genre: ***Documentary***
Episodes: ***One-off***



A heartfelt documentary about Maya Kowalski, who was admitted to a Florida hospital in 2016 with a condition that doctors were unable to diagnose, leading to her mother being accused of child abuse.

itvX Ruby Speaking

Genre: ***Comedy***
Season: ***1*** *Episodes:* ***6***



Alma's Not Normal's Jayde Adams takes the title role of Ruby Morgan in a workplace comedy full of quirky characters, office banter and strong friendships set in the Bristol call centre of a major telecoms company.

Now in production...

Three upcoming shows to look out for soon

prime video The Bondsman

In Prime Video's eight-part horror drama, Kevin Bacon (above) will play a bounty hunter who returns from the dead and discovers a new purpose in life as he finds love and resurrects his musical career. But events soon take a demonic turn...

NETFLIX The Abandons

Gillian Anderson (above) is joining Netflix's drama, set in 1850s Oregon, as a widow who has made a fortune from her late husband's mining business and who crosses paths with the protective adoptive mother (Lena Headey) of four troubled orphans.

prime video Black, White & Blue

Prime Video's thriller centres on Fela (Meagan Tandy, above), who unearths dark secrets as she, her lawyer friend Marley (Kat Graham) and Marley's ex-cop husband Tony (Tyler Lepley) try to learn why Fela's husband was killed by the police.

WORDS: HANNAH DAVIES, JUDY EWENS, CAREN CLARK. PHOTOS: GETTY, ITV, NETFLIX, PRIME VIDEO

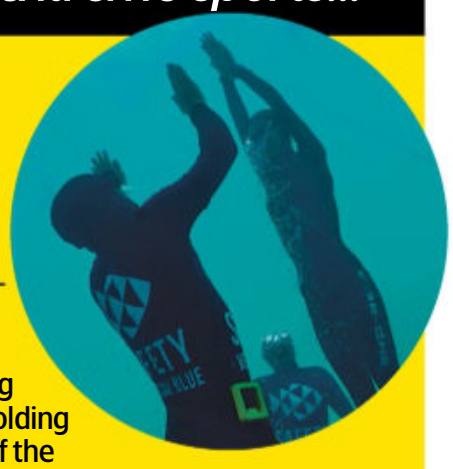
If you liked Jaws...

SHUDDER Sharksploitation

NEW *Available: Friday 21 July*
Genre: Documentary

Over 45 years after the release of Steven Spielberg's blockbuster *Jaws*, this documentary explores how sharks have been depicted on film in a new raft of horror movies – ranging from 2016's *The Shallows*, which saw a surfer trying to outwit a great white, to 2013's cult classic *Sharknado*, about a mass invasion of finned fiends.

For fans of extreme sports...



NETFLIX The Deepest Breath

NEW *Available: Wed 19 July*
Genre: Documentary

Freediving is one of the world's most-dangerous sports, with divers exploring the underwater world by holding their breath in the depths of the ocean. This moving documentary focuses on Italian champion freediver Alessia Zecchini as she trains to break a world record with the help of her safety expert Stephen Keenan.

Fontaine, Yo-Yo and Slick Charles

NETFLIX They Cloned Tyrone

NEW *Available: Friday 21 July Genre: Sci-fi comedy*

Kiefer Sutherland stars in this movie about an unlikely trio of friends who uncover a cloning conspiracy. Star Wars actor John Boyega plays hustler Fontaine, who's shot dead by a rival drug dealer. So, unsurprisingly, he's shocked to wake up in his bed the next morning unharmed. When Fontaine enlists the help of sex worker Yo-Yo (Teyonah Parris) and her pimp Slick Charles (Jamie Foxx) to investigate the mystery, they uncover an underground laboratory containing a clone of Fontaine. Is the Black population in the US being brainwashed and controlled by their favourite foods and hair products?

Maddie, Dana Sue and Helen

NETFLIX Sweet Magnolias

NEW *Available: Thursday 20 July Genre: Drama*
Season: 3 Episodes: 10

Season three of the soapy drama returns to the small town of Serenity, South Carolina, where we catch up with friends Maddie, Helen and Dana Sue as they help each other negotiate romance, career and parenthood. The action picks up following the revelations of season two when Maddie was devastated by the news that her ex-husband, Bill, is Isaac's biological father, and Helen's first love Ryan made a marriage proposal that threatened her romance with widowed chef Erik. 'We're at a moment where Helen and Erik are starting to find a balance between all the issues they are dealing with,' says showrunner Sheryl J. Anderson. 'But we wanted somebody to come and shake that up – and Ryan's the perfect man to do that.'

Rock band Twisted Sister

Paramount+ I Wanna Rock: The '80s Metal Dream

NEW *Available: Wednesday 19 July Genre: Documentary Season: 1 Episodes: 3*

This three-part series looks back fondly at the era of spandex, big hair and rock anthems, charting the success of America's so-called 'hair metal' bands Twisted Sister, Vixen, Skid Row, Winger and The Scream as they hit the big time in the 1980s. Twisted Sister's lead singer Dee Snider is among those interviewed as well as Vixen's Janet Gardner and Skid Row's Dave 'Snake' Sabo. The first episode focuses on the early days of the bands' careers, while episode two charts their various struggles and the final instalment looks at the damage done to the hair-metal scene by the rise of grunge bands such as Nirvana.

WORDS: CAREN CLARK, SEAN MARLAND. PHOTOS: ALAMY, BBC, CHANNEL 5, ©2023 DISNEY AND ITS RELATED ENTITIES, GETTY, ITV, NETFLIX, SKY

Carmy with his sister, Sugar

Jeremy Allen White and Ayo Edebiri as Carmy and Sydney

Cooking up A STORM

Carmy and his team want to take their Chicago restaurant to the next level

The Bear

NEW *Available: Wednesday 19 July*
Genre: Drama Season: 2 Episodes: 10

Disney+ served up a feast of brilliant kitchen-based drama with *The Bear* last year, as the show set in a Chicago sandwich shop won a dedicated fan base and a host of awards.

Now, head chef Carmen 'Carmy' Berzatto and his team are back for a 10-part second season and things look set to get more heated behind the grill.

After returning home to take over The Original Beef of Chicagoland following the suicide of his brother Michael, the fine-dining chef relaunched the eatery and has big plans for the future.

'Carmy is trying to build the restaurant he's imagined for a long time,' says Jeremy Allen White, who plays him. 'He's turning the place into something a bit more elegant. But is that going to make him happy? Is that going to bring him joy?'

Carmy is refurbishing the restaurant

The opening episode sees Carmy sharing his vision with the eatery's de facto manager Richie (Ebon Moss-Bachrach), sous-chef Sydney (Ayo Edebiri) and his sister and co-owner Sugar (Abby Elliott). But it soon becomes clear they're going to need some serious investment.

Their first call is Jimmy 'Cicero' Kalinowski (Oliver Platt), uncle of the Berzatto siblings and major investor in the restaurant – although he's in no rush to open his chequebook.

Cicero already lent Carmy's brother Michael thousands of dollars, which he never got back. However, when Carmy promises to return all his money within nine months or give him the restaurant, Cicero agrees to finance the refurb.

One man who's delighted to see the restaurant reopening is pastry chef Marcus (Lionel Boyce), whose quest for the perfect doughnut captured the imagination of viewers last time out.

'A lot of people tell me Marcus is their favourite character,' says Boyce. 'He discovered his passion through Carmy, but season two is about going from good to great and asking, what does it take to get there? What does that do to your relationships and your family?'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

Ellie Simmonds: Finding My Secret Family

The Paralympian looks into issues surrounding the adoption of children with disabilities in ITV1's film, as she talks about how she was placed for adoption as a baby, before she has a reunion with her birth mother.

Blindspot

In Channel 5's thriller, wheelchair user Hannah (Beth Alsbury) witnesses a murder, while a year on, she thinks she has spotted the perpetrator on CCTV and suspects they've killed again. But cop Tony Warden (Ross Kemp) is reluctant to believe her...

Champion

Sibling rivalry between rapper Bosco Champion (Malcolm Kamulete) and his gifted sister Vita (Déja J. Bowens) threatens to turn nasty in BBC1's drama when Bosco rejects Vita as his manager and she starts to make her own rise within the music industry.

Then You Run

Sky's thriller sees teenager Tara (Leah McNamara) and her pals head to Rotterdam to visit her estranged dad. But after he is murdered, they travel across Europe looking for Tara's mum and they meet with danger.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Kohrra
Saturday 15 July

Indian crime drama. Two cops investigate the case of a bridegroom found dead days before his wedding while turbulence unfolds in their own lives.

90 Day Fiancé UK
Sunday 16 July

Season two of the reality series following seven Brits and their long-distance romances for 90 days to see if it's the real deal or if they've made a big mistake and should call the whole thing off.

Unknown: Cave of Bones
Monday 17 July

Documentary. In South Africa's Cradle of Humankind, 30 miles from Johannesburg, palaeoanthropologist Lee Berger has found the world's oldest graveyard dating back 250,000 years. Its discovery raises questions about our early relatives.

Surf Girls Hawai'i

Barbie Dreamhouse Challenge
Monday 17 July

To coincide with the release of the *Barbie* movie on Friday 21 July, Ashley Graham hosts this competition series featuring eight teams of home design and renovation experts as they transform a Southern California home into a real-life Barbie Dreamhouse.

Kaur
Tuesday 18 July

A drama short from filmmaker Parvinder Shergill exploring identity, faith, racism and female empowerment as Avani (Shergill) decides to wear a Sikh turban for the first time.

Surf Girls Hawai'i
Tuesday 18 July

Docuseries from Reese Witherspoon's production company following the next generation of Native Hawaiian female surfers as they compete at an elite level to earn a coveted spot on the professional surfing world tour.

The Bear
Wednesday 19 July

Season two of the comedy drama centring on award-winning New York chef Carmen 'Carmy' Berzatto (Jeremy Allen White), who comes home to Chicago to run his family's debt-ridden sandwich shop after the suicide of his older brother. See feature, page 17.

Dave
Wednesday 19 July

Season three of the US comedy starring rapper/comedian Dave Burd, AKA Lil Dicky, as a fictionalised version of himself – a 20-something guy from the suburbs of Philadelphia who's convinced he's destined to be one of the best rappers of all time.

The Deepest Breath
Wednesday 19 July

Documentary. Bonded by their love of freediving, Italian champion freediver Alessia Zecchini trains to break a world record with the help of expert safety diver Stephen Keenan.

I Wanna Rock: The '80s Metal Dream
Wednesday 19 July

Three-part documentary charting America's so-called 'hair metal' bands Twisted Sister, Vixen, Skid Row, Winger and The Scream as they hit the big time in the 1980s.

Almost Paradise
Friday 21 July

Season two of the crime drama starring *Leverage: Redemption*'s Christian Kane as Alex Walker, a US Drug Enforcement Administration agent forced into retirement, who moves to Cebu in the Philippines, where he finds himself pulled back into a dangerous world.

Wynonna Judd: Between Hell and Hallelujah
Wednesday 19 July

Documentary about American country singer Wynonna Judd as she embarks on a nationwide tour and a new chapter in her life following the death of her mother Naomi – her partner in the singing duo The Judds – who took her own life in April last year.

The (Almost) Legends
Wednesday 19 July

Mexican comedy. Two half-brothers meet again to honour their father's memory in a car rally full of adrenaline and banda music.

Sweet Magnolias
Thursday 20 July

Season three of the American drama revolving around three female best friends born and raised in the small town of Serenity, South Carolina, where everybody knows everybody and everyone knows everyone's business.

Supa Team 4
Thursday 20 July

South African children's animation. Four teens are just trying to survive secondary school when an ex-spy recruits them for her superhero team and gives them the assignment of saving the world.

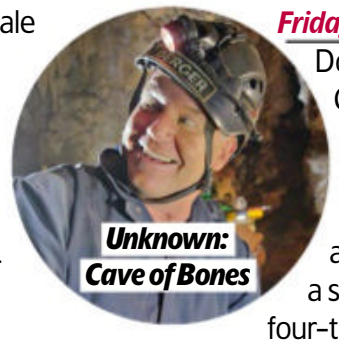
Fifteen-Love
Friday 21 July

Five years after her career ended with a devastating wrist injury in the semi-final of the French Open, a former tennis prodigy (Ella Lily Hyland) makes an explosive allegation against her then coach (Aidan Turner), who is coaching a new prospect. See feature, page 14.

They Cloned Tyrone
Friday 21 July

Sci-fi mystery comedy. A series of eerie events thrusts an unlikely trio (John Boyega, Jamie Foxx and Teyonah Parris) on to the trail of a sinister conspiracy.

Stephen Curry: Underrated
Friday 21 July


Unknown: Cave of Bones

Documentary about Stephen Curry, widely regarded as one of the greatest basketball players of all time, charting his rise from an undersized player at a small-town college to a four-time NBA champion with the Golden State Warriors.

Sharksploitation
Friday 21 July

Steven Spielberg's 1975 blockbuster *Jaws* unleashed a worldwide fascination with sharks and unwittingly created a new subgenre of movies. Shudder's documentary explores how sharks have been subsequently depicted on film.

The Defence
Friday 21 July

Season four of the Polish drama. Having blackmailed her way into becoming a partner at the law firm, a now-sober Joanna Chylka is ready to work.

WORDS: JUDY EWENS. PHOTOS: AMAZON FREEVEE, NETFLIX, PARAMOUNT+, PRIME VIDEO

Documentaries

Holding a replica fossilised skull of an Inostrancevia

Epic journey

Chris Packham explores key moments in the Earth's evolution

NEW FACTUAL

Earth

Monday, 9pm, BBC2 (box set, BBC iPlayer)

The history of our planet is an awesome tale of dramatic changes in fortune and the survival of life against the odds. Now, in BBC2's five-part series *Earth*, Chris Packham travels around the world using CGI and cutting-edge science to examine the significant turning points of the last four and a half billion years, from devastating volcanic eruptions and freezes to the evolution of plants, the creation of the atmosphere and the repercussions of human activity. Here, Packham, 62, reveals more…

What was your thinking behind the series? This is a biography of a special planet, which has had some extraordinary events shaping its life. It's a roller coaster – things go well, things go badly. Physical, planetary forces have changed life, but life has had an impact on the atmosphere, the climate, the sea and the Earth's surface. There's constant fluxing.

Did you have any favourite moments from filming? When you pick up a meteorite from another part of the universe, there's immediate euphoria. We saw important fossils such as the

Exploring India's Treasures with Bettany Hughes

Sunday, 8pm, C4

The two-parter concludes in southern India, where historian Hughes visits the ancient abandoned city of Hampi, meets the Toda women at a hill station in the Nilgiri Mountains, and ends her journey in Kerala, where she witnesses a Theyyam dance.

Saved from a Shark

Monday, 8pm, National Geographic WILD

Do whales and dolphins deliberately rescue humans from sharks? This film, which includes dramatic footage, hears from Nan Hauser, who was saved from a 15ft tiger shark by a humpback whale, and Martin Richardson, who was attacked by a shortfin mako shark but survived thanks to two dolphins.

Retro Electro Workshop

Tuesday, 9pm, Yesterday

Repair specialist Rob Howard (above) presents a new series in which vintage pieces of electronic equipment, from a jukebox and a pinball machine to a boom box and a classic radio, are lovingly restored. The first items into the workshop are a 1980s Atari games console and a 1930s radio that hasn't made a sound in decades.

WORDS: CAREN CLARK, JUDY EWENS, IAN MACEWAN. PHOTOS: ALAMY, BBC, C4, ITV, UKTV

Packham looks over the Dolomite Mountains

first flower fossils, and when I put my hand where a dinosaur once put its foot, the romantic in me was easily stirred.

Were you able to see wildlife, too? It was never going to be a wildlife series but we were drawing parallels with previous life. On a cliff in Chile, there were Andean condors, and one pooed on me – I was elated to be pooed on by such a magnificent animal! We also went to a Mexican cenote [cave-like sinkhole] inhabited by millions of bats. They created a vortex as they spiralled out – it was like they turned on the air conditioning.

A volcanic eruption

What locations did you visit? We went to Iceland to see volcanic regions – that was spectacular. I also liked the historical nature of a temple complex in Mexico, which was in a biosphere reserve with brilliant wildlife. And in Chile, it's incredibly hot, dry and high and it parallels early hostile environments where species didn't only survive but prospered.

Are there any similarities between Earth's previous challenges and the ones we are facing now? It's not a climate-change series but we draw comparisons. We look at previous climate-change events millions of years ago, and the scientists now have the capacity to understand what it could mean to us. That should spur us into doing something.

What do you hope viewers learn? That we're a unique species on a unique planet and when you look at its history, we're lucky to be here, it's chance, and we shouldn't squander it. It's the only place we know that there's life. But what the series exposes is that it's fragile.

Joanna Lumley's Spice Trail Adventure

Wednesday, 9pm, ITV1

This week's destination is the spice island of Madagascar, where the world's second-most expensive spice, vanilla, is produced. While there, Dame Joanna Lumley visits a gold-mining community and finds out about the dangerous martial art of Moraingy on the tourist island of Nosy Be.

Catching My Rapist

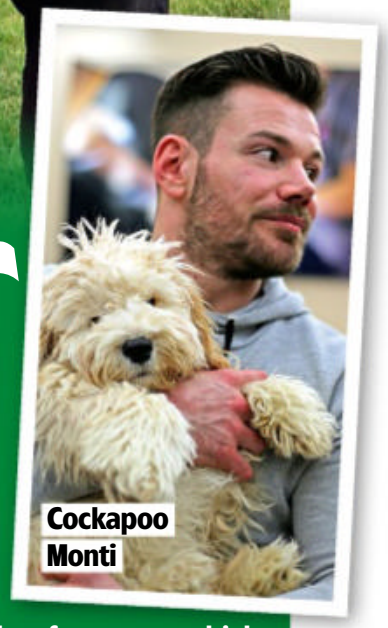
Mon, 10.45pm (times vary), ITV1

An intimate documentary on one woman's roller-coaster journey over five years to bring the man who raped her to justice from when Sam (not her real name) reported her rape, through botched police investigations to her discovery of a number of other victims and crucial evidence resulting in her rapist's conviction last year.

Fitzpatrick with Tito

Animal saviour

Noel Fitzpatrick carries out more innovative treatments on poorly pets


Cockapoo Monti

NEW FACTUAL

The Supervet: Puppy Special

Thursday, 9pm, C4

Professor Noel Fitzpatrick opens up the doors of his groundbreaking veterinary surgery once again for a new series of C4's *The Supervet*.

The latest run begins with a puppy special, which sees him help seven-month-old Weimaraner Tito, who was hit by a van.

'She fractured part of the hip joint, which is super-sensitive, as she's still growing, so we had to act quickly to save the essential blood supply,' explains Fitzpatrick. 'Fortunately, Tito's now doing great.'

PREVIOUS PATIENTS

The episode also catches up with two previous patients and their owners to see how Fitzpatrick's treatment has transformed their lives. Cockapoo Monti fractured his knee, aged just four months, in 2016, while rough collie Merida came to Fitzpatrick in 2018, when she was six months old, due to problems with her forearms, which required extensive surgery.

'Merida had a growth deformity, which created a problem in the elbow. But it was a fairly routine procedure, even though it looks complex. And Monti, who is so cute, is now running around,' shares Fitzpatrick. 'That's the most valuable thing about the show. I get to see the patients at home being happy.'

EMOTIONAL

Later in the series, he carries out hip surgery on Maine Coon cat Lexie, which was particularly poignant as he has two Maine Coons of his own.

'Dealing with Lexie was emotional, because I thought, "This could happen to my boys,"' he reveals. 'Lexie, unfortunately, had a fracture due to a genetically predisposed problem. And, like with Tito, I had to deal with things early to conserve the blood supply.'

Fitzpatrick admits that he is still humbled by the bond he witnesses between pets and their owners.

'Whatever number of hours it takes in surgery or rehab, the reward is seeing unconditional love,' he says.

Rough collie Merida

Films *Our Pick of*

Babylon

A rollicking plunge into the decadence of 1920s Hollywood with **Margot Robbie** and **Brad Pitt** at its centre

COMEDY DRAMA

Friday, 9pm, Sky Premiere ★★★★

There's a joke about the man in a bar who, when asked why he's glum, reveals he spends his days sweeping elephant poop up at the circus. 'Quit!' he is told. 'And leave show business?' he replies. One wonders if writer-director Damien Chazelle had that gag in mind while filming a scene near the start of his latest where a lackey gets showered in pachyderm faeces. It's a sequence that serves as a pungent metaphor for the film's depiction of a 1920s Hollywood.

Over the course of three lurid, frenetic and swirling hours, Chazelle follows three moths drawn to the flame – wannabe starlet Nellie (Margot Robbie), gifted trumpeter Sidney (Jovan Adepo) and eager dreamer Manny (Diego Calva) – as well as a hedonistic film star (Brad Pitt's Jack Conrad) whose days are as numbered as the silent romances he appears in.

Crammed to the gills with epic crowd scenes, extended tracking shots and farcical set-pieces, the result is a big chunk of cinema. You can't fault Chazelle's ambition, though you might wish he would take a breather now and then; there really is no let-up here, with a Robbie performance at its centre of wild abandon.

Amid the chaos, there are notes of poignancy, including Jack's realisation he's now surplus, elevating this to *La La Land* levels of pathos. 2022, 18, 189MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, JORDAN FARLEY, JAMIE GRAHAM, JOSH SLATER-WILLIAMS, NEIL SMITH

the Week's Best Films

DRAMA

Armageddon Time

Saturday, 10.25pm, Sky Premiere ★★★

Inspired by his own childhood, writer-director James Gray's Reagan-era period piece is richly textured and well acted. Banks Repeta stars as Gray's avatar Paul Graff, a student in 1980s Queens who clowns around with pal Johnny (Jaylin Webb) – whom Paul comes to realise is treated differently by their teacher because of his skin colour. Discrimination is not an alien concept in Paul's home, either, given he is the descendant of Jewish immigrants and ending up in a highly disciplined private school, he comes face to face with bigotry. Jeremy Strong makes a lasting impression as Paul's short-tempered father, while Anne Hathaway brings pathos in her later scenes. It's a sensitive, sweet, frequently heartbreaking trip through deeply personal history. 2022, 15, 116MIN

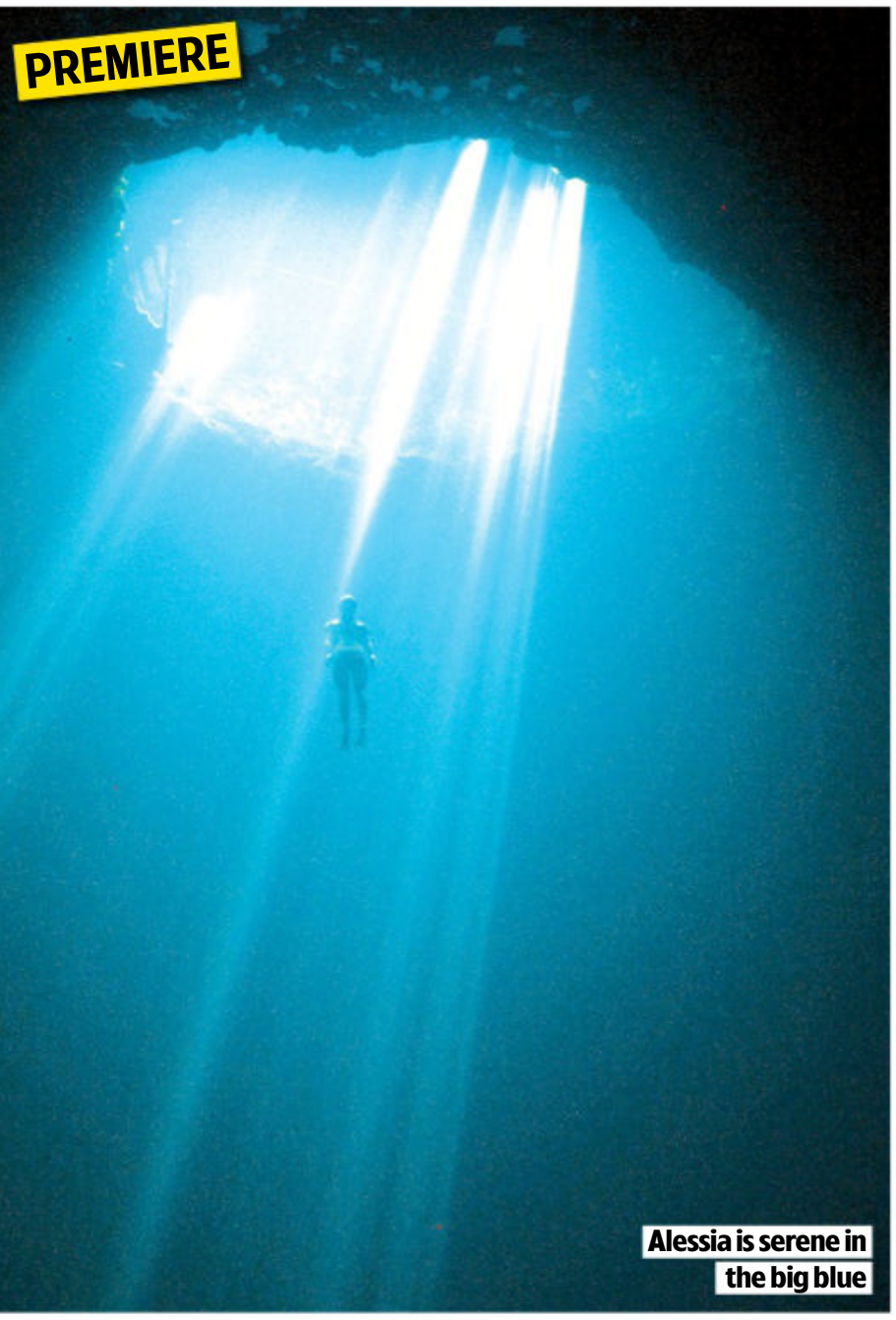
Anne and Jeremy get serious

DOCUMENTARY

The Deepest Breath

Wednesday, on demand, Netflix ★★★★

'How do you feel about death?' are the first words spoken in Laura McGann's gripping documentary. The question is one all freedivers must ponder, such are the dangers of plunging 100 metres down into the ocean – the height of a 70-storey skyscraper – on a single breath. The danger is crushing, and pressure squeezes the divers' lungs to the size of a fist. But there's beauty, too, and serenity. Different participants have different reasons for pushing themselves to their limits and beyond, but McGann primarily focuses on Italian champion Alessia Zecchini and Irish safety diver Stephen Keenan, whose love of the sport – of the way of life – led to an intense connection between them. This plunge into the depths of the human heart adds another flavour to this tense, exhilarating documentary with its awe-inspiring footage. Immersive viewing. 2023, PG, 108MIN



Alessia is serene in the big blue

THRILLER

The Locksmith

Sunday, 6.15pm, Sky Premiere ★★★

Ryan Phillippe stars in this no-nonsense neo-noir, as a not-so-smart ex-con struggling to keep out of trouble after 10 years in prison. He'd like to rebuild his life with his daughter (Madeleine Guilbot) and wary ex-fiancée (Kate Bosworth), who has become a capable police detective while he was inside. Unfortunately, his efforts to go straight with the help of a straight-talking old friend (Ving Rhames) are threatened by the dangerously corrupt cop (Jeffrey Nordling) who put him behind bars. The characters are off the peg, as is the dialogue, but the film offers dependable thrills for fans of the genre. 2022, 15, 92MIN

Holding on: Madeleine and Ryan

A camping trip with a difference

CRIME DRAMA

How to Blow Up a Pipeline

Thursday, on demand, Netflix ★★★★★

A crew of eight young people, each radicalised by personal traumas, target two vulnerable parts of a major Texas oil pipeline with explosives. Their aim? To devastate the nation's fossil-fuel industry. Part clever heist movie and part rousing call for climate action, director Daniel Goldhaber's perfectly paced and impeccably crafted nail-biter offers as much food for thought as heart-racing tension. Ariela Barer, who also co-scripted, Lukas Gage and Sasha Lane head a charismatic cast of characters whose backstories are doled out in concise flashbacks. 2022, 15, 104MIN

FilmFinder The best of the week at a glance

Comedy

Delivery Man

Saturday, 1pm, Sky Cinema Comedy ★★★

One-time copious sperm donor Vince Vaughn learns he's the biological dad of 533 kids! Vaughn is goofy and charming in this fun comedy. 2013, 12, 104MIN

The Lost King

Monday, 10.25am, Sky Premiere ★★★

This true-life comedy drama follows amateur historian Philippa Langley (Sally Hawkins) and her obsession with finding Richard III. A likeable, wry and very British film. 2022, 12, 108MIN

Instant Family

Thursday, 6.45pm, Film4 ★★★★

Mark Wahlberg and Rose Byrne deliver a winning mix of heart and humour as new foster parents who are out of their depth, but determined to cope, after they take in three siblings. 2018, 12, 118MIN

Liar Liar

Thursday, 12.10am, Sky Blockbusters ★★★★

A perfectly cast Jim Carrey has a whale of a time as a lawyer forced to tell the truth thanks to his son's birthday wish. A clever and funny film. 1997, 12, 86MIN

Animation

Spirited Away

On demand, Netflix ★★★★★

Director Hayao Miyazaki's Oscar-winning cartoon is a work of immense beauty and imagination. A feisty girl must work in a spa for the gods after her parents are turned into pigs. 2001, PG, 125MIN

Up

On demand, Disney+ ★★★★★

In this enchanting masterpiece from Pixar, an old-timer fulfils a lifelong dream to travel to South America after his wife dies – by tying balloons to his home and going up, up and away. 2009, U, 96MIN

Spies in Disguise

Sunday, 3.30pm, C4 ★★★★

A debonair spy (voiced by Will Smith) is framed by a villain and accidentally turned into a pigeon by a young boffin (Tom Holland) – the ideal disguise to clear his name. Jolly fun. 2019, PG, 102MIN

The Amazing Maurice

Thu, 5.35pm, Sky Animation ★★★★

With great gags and pacy action, this animation about conning cat Maurice (voiced by Hugh Laurie) beautifully captures the quirky silliness of Terry Pratchett's novel. 2022, PG, 93MIN

Drama

Rare Beasts

Tuesday, 10.10am & 12.50am, Sky Drama ★★★★

As a frazzled mum and TV writer seeking love, director-star-writer Billie Piper uses her expressive face to full effect in an ambitious, funny film. 2020, 15, 90MIN

Promising Young Woman

Wed, 9.20am & 12.25am, Sky Screen Queens ★★★★

Carey Mulligan is on searing form in this darkly twisty, debate-stirring revenge thriller as she pursues payback against predatory men. 2020, 15, 113MIN

EDITOR'S CHOICE

Don't Worry Darling

Saturday, 10.05am & 4.10pm, Sky Premiere ★★★

Florence Pugh and husband Harry Styles lead a seemingly idyllic life in Chris Pine's too-good-to-be-true utopian 1950s desert town. While the men go off to work, the women cook, clean and gossip. But is all as it seems? Of course not! Director Olivia Wilde deftly drops hints and clues as to what's going on and, even if it doesn't all add up, it is a neat, disquieting thriller. 2022, 15, 118MIN

Thriller

Uncut Gems

On demand, Netflix ★★★★★

Adam Sandler is utterly compelling as a gambling-addicted jeweller in this tense, gripping thriller. He's hoping a rare black opal will turn his fortunes around, but is in way over his head... 2019, 15, 135MIN

Collateral

Saturday, 9pm, Film4 ★★★★

As a hitman, Tom Cruise forces nice LA cabbie Jamie Foxx to drive him on a night of killing. Michael Mann's thriller is a firecracker of action and atmosphere with a sideline in humour. 2004, 15, 120MIN

Jason Bourne

Sun, 2.10pm & 10pm, Sky Spies ★★★

After a nine-year break, Matt Damon's back and reunited with director Paul Greengrass, who made two and three. The plot's familiar, but there are some standout sequences. 2016, 12, 123MIN

No Country for Old Men

Tuesday, 5.55pm, Sky Thriller ★★★★

Joel and Ethan Coen's heart-pounding thriller sees Texan Josh Brolin making off with a case containing $2million. The trouble is, a lethal Javier Bardem is soon on Brolin's trail... 2007, 15, 122MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 15 July

SCI-FI HORROR

Possessor

11.20pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A brain-hopping assassin (Andrea Riseborough) finds herself caught in a battle of wills with her latest host (Christopher Abbott) in this arresting sci-fi horror from Brandon Cronenberg. With surgical focus, the film pokes at the blurs between life/death, self/other and authenticity/performance. Embracing hard sci-fi head-on, *Possessor* brims with unresolved ideas and graphic violence, swirling in a soup of dreamy unease. A credit to the Cronenberg name, it won't vacate your brain easily. 2020, 18, 103MIN

Living the nightmare: Christopher

BIOPIC

Sully

10.20pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Hanks stars in a brisk, no-nonsense recreation of the incredible story of airline pilot Chesley 'Sully' Sullenberger, who famously landed his stricken Airbus A320 on New York's Hudson River in 2009. Less skilful hands would find it hard building climactic tension out of the much-publicised happy ending, but director Clint Eastwood and screenwriter Todd Komarnicki circle around the main event to ensure we stay gripped. 2016, 12, 96MIN

COMEDY WESTERN

Shanghai Noon

11.15pm, ITV1 ★★★

Sex ●●● Violence ●●● Language ●●●

The plot of Jackie Chan's comedy thriller *Rush Hour* is simply rewritten for a Wild West setting in this goofy comic horse opera. He plays a member of the Chinese Imperial Guard who teams up with a laconic outlaw (Owen Wilson) in order to find a kidnapped princess (Lucy Liu). There's an easygoing chemistry between Chan and Wilson that smoothly bridges the gap between the film's action set pieces. 2000, 12, 110MIN

PERIOD DRAMA

The Favourite

10.30pm, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Wielding sharp words rather than daggers, Emma Stone and Rachel Weisz are cut-throat rivals for the affections of Olivia Colman's needy Queen Anne in director Yorgos Lanthimos' scintillating comedy drama set in early 18th-century England. As the duo vie and scheme for the upper hand, the movie delivers fizzing wit, sumptuous costumes and sets, and three stars at the top of their game. Colman's performance won her an Oscar. 2018, 15, 119MIN

COMEDY THRILLER

The Guard

12.50am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Brendan Gleeson is in fine form in this dark comedy thriller. He plays a small-town police sergeant in the west of Ireland who is gleefully cynical and defiantly politically incorrect – much to the shock of Don Cheadle's strait-laced FBI agent, who teams up with him to bring down drug smugglers. A cracking, intricately plotted film full of bloody shoot-outs and subversive wit. 2011, 15, 96MIN

Full listings start on p35

Sunday 16 July

MUSIC BIOPIC

Rocketman

9pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This splashy, lavish biopic charts the life of Elton John (superbly played by Taron Egerton), beginning with shy Reggie Dwight from Pinner, taking in his successful song-writing partnership with lyricist Bernie Taupin (Jamie Bell) and on to extravagantly costumed international stardom. But fame doesn't help Elton shake off his demons, nor does his toxic affair with manager John Reid (Richard Madden). Director Dexter Fletcher ensures Elton's personal drama is full of colour, spectacle and hits. 2019, 15, 121MIN

Rock chick! Taron

MUSICAL

Sweet Charity

1.35pm, BBC2 (NI 1.05pm) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Bob Fosse's boisterous musical is a delight, really coming into its own whenever the singing and dancing starts. Sammy Davis Jr gets into *The Rhythm of Life*, Shirley MacLaine dresses up as a toy soldier and belts out *If My Friends Could See Me Now*, Stubby Kaye loves to cry at weddings and there's a great version of *Big Spender*. A flamboyant treat with a career-defining star turn from MacLaine. 1968, PG, 149MIN

PERIOD BIOPIC

The Duchess

10.30pm, BBC1 (Wales 11pm) ★★★★

Sex ●●● Violence ●●● Language ●●●

The Duchess is history reimagined for the cinema in a genuinely moving and informative way. In an obvious allusion to the marriage of Princess Diana, Keira Knightley and Ralph Fiennes are perfectly cast as Georgiana, the sparkling young 18th-century Duchess of Devonshire, and her chillingly aloof older husband. The script hums with vibrant life and the costumes and design are ravishing. 2008, 12, 110MIN

COMEDY

Mrs Doubtfire

5.40pm, E4 ★★★★

Sex ●●● Violence ●●● Language ●●●

In Oscar-winning make-up, Robin Williams has one of his best roles as a divorced dad who disguises himself as a Scottish housekeeper to be near to his three kids and ex-wife Sally Field. Despite plunges into sentimentality, this is a bubbly, charming and hilarious family comedy. Pierce Brosnan as Field's new man and Harvey Fierstein as Williams' gay brother lend fine support, but this is Williams' show. 1993, PG, 125MIN

MYSTERY THRILLER

Glass

1.25am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

M Night Shyamalan ties together characters from two of his most successful and memorable movies – Bruce Willis and Samuel L Jackson's protagonists in *Unbreakable* and James McAvoy's kidnapper in *Split* – but this sequel falls short of its predecessors. McAvoy is excellent and there are some neck-snapping twists, but the surprise ending is a big let-down. 2019, 15, 129MIN

Full listings start on p45

PAY-PER-VIEW PREMIERES

The pick of the week's films on Sky, Virgin and other platforms

HORROR COMEDY

Renfield

From Monday ★★★★

Sex ●●● Violence ●●● Language ●●●

Positioning itself as a direct sequel to Universal's classic 1931 *Dracula* this concentrates on Dracula's bug-eating familiar Renfield, played by a droll Nicholas Hoult. The hook here is that Renfield is attending a support group to unpick his co-dependent relationship with his narcissistic boss, played with typical flamboyance by Nicolas Cage. Director Chris McKay (*The Lego Batman Movie*) keeps things flowing, making good use of the New Orleans locations, and lots of CG blood. A fun fright night treat. 2023, 15, 93MIN

SUPERHERO

Guardians of the Galaxy Vol. 3

From 7th July ★★★★

Sex ●●● Violence ●●● Language ●●●

With writer-director James Gunn off to DC, there's an air of finality about this third Marvel *Guardians* movie with all involved intent on going out on an emotionally affecting, thematically audacious high. Wise-cracking planet hopping ensues when our favourite bunch of space cowboys, led by Chris Pratt's Star-Lord, have to find a genetic passcode to save the life of Bradley Cooper's injured raccoon Rocket. His backstory as a lab experiment gives the film its ethical beating heart. 2023, 12, 150MIN

Weekday movies over page

Weekday movies

Monday 17 July

SCI-FI DRAMA

Moon

12.15am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Sam Rockwell's solitary astronaut is thrilled to be told his three-year job on the Moon is over and he is to be reunited with his wife and child. He is being looked after in space by a talking computer (voiced by Kevin Spacey), but discovers he is not alone... Borrowing ideas from seminal sci-fi drama's *2001: A Space Odyssey* and *Silent Running*, this sci-fi movie from debut director Duncan Jones (David Bowie's son) is a teasing puzzle, but Rockwell is great and the lovingly-crafted effects are dazzling. 2009, 15, 97MIN

Solitary space man: Sam

DRAMA

Aisha

6am & 2.10pm, Sky Screen Queens ★★★★

Sex ●●● Violence ●●● Language ●●●

Having fled her native Nigeria after the murder of her father and brother, traumatised Aisha (Letitia Wright) endures a limbo-like existence in Dublin awaiting her asylum application hearing. Can she trust a seemingly helpful security guard (Josh O'Connor) who has his own troubled past? Wright powerfully conveys Aisha's quiet dignity and resolve in this restrained refugee drama. 2022, 12, 94MIN

ACTION THRILLER

Gemini Man

9pm, Film4 ★★

Sex ●●● Violence ●●● Language ●●●

Will Smith goes head-to-head with himself in this slick but underwhelming action thriller from director Ang Lee. Smith plays a jaded veteran assassin whose plans to retire are upended when he has to battle a clone of his younger self, sent to eliminate him by villain Clive Owen. Nifty de-ageing wizardry puts the old and young Smiths in the frame; shame the film-makers neglected to lavish the same care on the silly script. 2019, 12, 117MIN

ACTION THRILLER

Ambulance

11.40am & 12.05am, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Jake Gyllenhaal ropes in brother Yahya Abdul-Mateen II to relieve the LA Federal Bank of $32million. Inevitably, things go wrong and they hijack an ambulance. But a shot cop's bleeding in the back, attended to by gutsy paramedic Eiza Gonzalez. Cameras swooping and swirling, this dizzying demolition derby is a bonkers, non-stop thrill ride – but the stars give their characters real emotion. 2022, 15, 136MIN

SCI-FI THRILLER

War of the Worlds

11.15pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Steven Spielberg has remained remarkably faithful to HG Wells' 1898 sci-fi classic, despite setting this alien-invasion movie in the present. The special effects take a back seat to the human drama as a father (Tom Cruise) attempts to reunite his children (Dakota Fanning and Justin Chatwin) with his estranged wife. A cut above the usual sci-fi blockbuster. 2005, 12, 116MIN

Full listings start on p55

Tuesday 18 July

ACTION THRILLER

John Wick: Chapter 3 - Parabellum

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Keanu Reeves' indestructible hero John Wick is back and on the run with a $14million bounty on his head. That's all the excuse the film needs for him to cut through a neverending stream of disposable baddies out to get him. Ian McShane, Laurence Fishburne and Halle Berry offer classy support but, once again, it's the insane action that is the main draw. 2019, 15, 131MIN

Taking on all comers: Keanu

ACTION THRILLER

Gunpowder Milkshake

4.10pm & 4am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Karen Gillan's assassin sparks off a gang war. It's partly a comedy, partly a tearjerker about a mum and daughter torn apart by decades of bloodshed. But mostly, it's a hugely entertaining, hyper-stylised bullet ballet. Gillan balances vulnerability with sociopathy and the supporting cast – Angela Bassett, Michelle Yeoh and Lena Headey – is dynamite. 2021, 15, 104MIN

HORROR THRILLER

Videodrome

11.10pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

One of the few films by maverick Canadian director David Cronenberg that actually fulfils his ambition to 'show the unshowable'. There's something to upset just about everyone, yet the film's also intelligent and utterly compelling. Depicting the entire story through the eyes of protagonist James Woods, who may or may not be hallucinating wildly, Cronenberg challenges you to decode his surreal imagery. 1982, 18, 88MIN

WAR COMEDY

Air America

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

A buffoonish star vehicle in which Mel Gibson flies, wisecracks and crashes his way through the Vietnam War with the CIA's secret airline, Air America. Robert Downey Jr is the new guy on the team who realises he's met someone who's even more weird than he is. Set in 1969 (cue that golden oldie soundtrack) and loosely inspired by real events, this cynical war comedy lacks bite, but the aerial stunts are spectacular. 1990, 15, 112MIN

COMEDY HORROR

The Hunt

11.35pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

America's culture wars get very gory in this darkly comic and perversely enjoyable film that pits conservatives against liberals in a fight to the death. The hunted are a mix of rednecks, climate-change deniers and conspiracy nuts, while the hunters are an entitled 'liberal elite'. Vivid figures include Betty Gilpin's smart prey and Hilary Swank's hunt leader. 2019, 15, 90MIN

Full listings start on p65

Wednesday

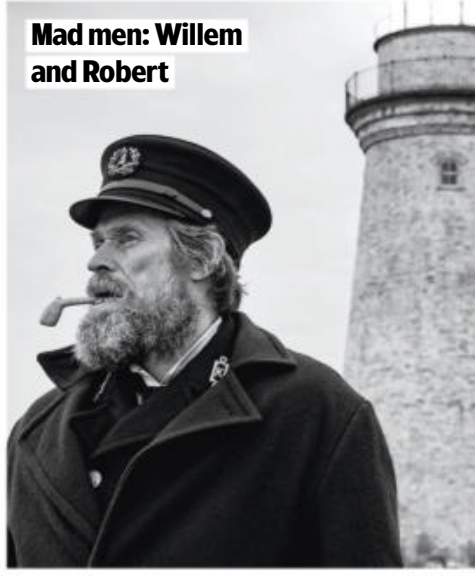
PSYCHOLOGICAL DRAMA

The Lighthouse

12m't, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

On a remote lighthouse off the coast of 1890s New England, Willem Dafoe and Robert Pattinson struggle to hang on to their sanity during a four-week shift in writer-director Robert Eggers' claustrophobic, spine-tingling drama.



Mad men: Willem and Robert

HISTORICAL DRAMA

The King's Speech

6pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

A hit with audiences, critics and Oscar voters alike, *The King's Speech* takes a footnote from royal history and transforms it into an enthralling human drama. Oscar-winner Colin Firth plays the future King George VI as he struggles to overcome his debilitating stammer, while Geoffrey Rush matches him brilliantly as his Australian speech therapist and Helena Bonham Carter offers regal support as his wife and future queen. 2010, 12, 118MIN

COMEDY DRAMA

Forrest Gump

8pm, Sky Blockbusters ★★★★

Sex ●●● Violence ●●● Language ●●●

This whimsical fable won six Oscars, including Best Actor for Tom Hanks' performance as the film's innocent eponymous hero, who sails through the turmoil of post-war US history. He meets President Kennedy, fights in Vietnam, blows the whistle on the Watergate break-in and helps John Lennon compose *Imagine*. Life may be like a box of chocolates, but you will need a sweet tooth for this confection. 1994, 12, 136MIN

19 July

Sporting era-authentic whiskers, Dafoe and Pattinson throw themselves into their troubled characters – an ornery nautical veteran and a callow landlubber – with conviction. Add the film's striking black-and-white cinematography and eerie soundtrack, and this might drive viewers as mad as its leads. 2019, 15, 109MIN

MYSTERY THRILLER

Last Passenger

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

A runaway late-night train hurtles down the London to Hastings line, plunging the last six passengers into desperate peril. Of the bunch, Dougray Scott's widowed doctor, accompanied by his young son, has the coolest head, and he is the only one given much of a character. However, *Strictly* star Kara Tointon, David Schofield, Lindsay Duncan and Iddo Goldberg help to make this low-budget thriller an enjoyable ride. 2011, 15, 97MIN

TEEN THRILLER

Nerve

1.25am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Exploiting social media's insidious grip to dramatic effect, this nippy thriller will strike a chord with its target audience. Emma Roberts' timid heroine steps out of her comfort zone when she signs up for an online game that incites its players to complete outlandish dares on camera for cash and followers. Dave Franco also stars as the fellow player with whom she hooks up. 2016, 15, 96MIN

■ Full listings start on p75

Thursday 20 July

SPACE DRAMA

Gravity

10.40pm, BBC1 (NI 11.10pm, Wales Friday, 11.10pm) ★★★★★

Sex ●●● Violence ●●● Language ●●●

On her first space mission, Sandra Bullock's medical engineer is in the company of George Clooney's NASA veteran when lethal debris from a Russian satellite destroys their shuttle, stranding them in the abyss of space. Can they find a way back to Earth? The winner of seven Oscars, including for director Alfonso Cuarón, this astonishing and ground-breaking sci-fi drama provokes jaw-dropping wonder, dizzying vertigo, spine-tingling shocks, heart-stopping tension and visceral fear. 2013, 12, 91MIN

On the edge: Sandra and George

SCI-FI COMEDY

The World's End

1.10pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Edgar Wright reunites his *Shaun of the Dead* and *Hot Fuzz* stars Simon Pegg and Nick Frost for a brilliantly bonkers take on alien-invasion sci-fi films. The plot finds Pegg cajoling his strait-laced friends (Frost, Martin Freeman, Paddy Considine and Eddie Marsan) into embarking upon an epic pub crawl – only to find something weird has happened to their cosy home town since they left. 2013, 15, 109MIN

PERIOD DRAMA

Cold Mountain

10.10pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

Although it is undoubtedly a film of grandeur and visual beauty, it is not easy to warm to Anthony Minghella's adaptation of Charles Frazier's best-selling novel. Jude Law and Nicole Kidman, as desperate lovers separated by the American Civil War, are too remote and self-absorbed to engage the audience's sympathy, so it is left to Renée Zellweger's feisty frontier woman to provide the film with some much needed depth. 2003, 15, 152MIN

COMEDY DRAMA

The Joneses

9.45pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Sexy couple Steve and Kate (David Duchovny and Demi Moore) and their glam teen kids Jenn and Mick (Amber Heard and Ben Hollingsworth) seem to be a dream family. But they are really employees of a sinister company that markets products by making the neighbours envy their consumer lifestyle. This is a smashing idea, and it is put over with stylish performances and a great script. 2009, 15, 96MIN

HORROR DRAMA

Last Night in Soho

2.05am, Sky Screen Queens ★★★★

Sex ●●● Violence ●●● Language ●●●

Fashion student Thomasin McKenzie finds herself magically transported back to the Swinging 1960s, which she sees through the eyes of Anya Taylor-Joy's wannabe singer – but darkness lurks under the neon glamour. Director Edgar Wright's dazzling and frightening slice of fun also stars Matt Smith, Terence Stamp and Diana Rigg. 2021, 18, 116MIN

■ Full listings start on p85

Friday 21 July

SUPERHERO

Spider-Man: Homecoming

10.40pm, BBC1 (not Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Having made a cameo appearance in 2016's *Captain America: Civil War*, Tom Holland gets his first solo adventure as Spider-Man – and it is giddily entertaining. This rapid reboot – coming a mere three years after Andrew Garfield's last outing in the role – shows us nerdy young hero Peter Parker's first stabs at low-level crime-busting before he gets a chance to step up a gear when his path crosses that of a new supervillain, Michael Keaton's The Vulture. 2017, 12, 133MIN

A superhero in training: Tom

ACTION FANTASY

Ghostbusters: Afterlife

4pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

Co-written and directed by Jason Reitman, son of original 1984 *Ghostbusters* director Ivan, this reboot is warm, witty and full of wonder. Following the death of Harold Ramis' Egon, his daughter (Carrie Coon) and kids (Finn Wolfhard and Mckenna Grace) move to his house – and find weird stuff is happening. Paul Rudd, a number of old faces and some familiar equipment add to the fun. 2021, 12, 124MIN

COMEDY DRAMA

The Edge of Seventeen

9.30pm, BBC3 ★★★★

Sex ●●● Violence ●●● Language ●●●

Moody, peevish and inept, Hailee Steinfeld's high-school student is an emotional mess, and the only person she can turn to for advice is her jaded history teacher (a wonderfully droll Woody Harrelson). This first-rate comedy brilliantly captures the turbulence of adolescence thanks to writer-director Kelly Fremon Craig's smartly funny script and Steinfeld's terrific star turn in the lead. 2016, 15, 104MIN

MUSICAL COMEDY

Pitch Perfect 3

9pm, E4 ★★★

Sex ●●● Violence ●●● Language ●●●

This second sequel to the 2012 musical comedy set in the arcane world of American college a cappella singing finds the series' shtick undeniably being stretched a little thin here, though the quirky characters remain on song. This time, Anna Kendrick's Beca, Rebel Wilson's Fat Amy and their fellow Barden Bellas have put university life behind them, but they reunite for an tour entertaining US troops in Europe. 2017, 12, 93MIN

ACTION THRILLER

Dredd

12.05am, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Lean, mean and luridly violent, this sci-fi action thriller does a much better job of bringing cult comic-book anti-hero Judge Dredd to the screen than the misfiring 1995 Sylvester Stallone version. Set in a post-nuclear near-future, it is a fast-moving adventure with the laconic law enforcer (now played by Karl Urban), taking on a ruthless drug kingpin (Lena Headey). 2012, 18, 95MIN

■ Full listings start on p95

Sport week

Your **ultimate** **guide** to the best of the week's live action

Rory McIlroy

LIVE GOLF

From Thursday, Sky Sports Golf & Sky Sports Main Event

The last major of the year tees off on Thursday when the best players in the world gather at Royal Liverpool, more often known as Hoylake, for the 151st staging of the Open Championship.

Here's everything you need to know about this year's battle for the Claret Jug…

THE MAIN EVENT

Open Championship

Can **Rory McIlroy** repeat his triumph at Royal Liverpool?

THE HISTORY

The venue is hosting the Open for the 13th time, having first staged the event in 1897 when amateur Harold Hilton triumphed. Previous winners include legends Walter Hagen and Bobby Jones, plus Tiger Woods in 2006, when the US superstar lifted his third Claret Jug, finishing two shots ahead of Chris DiMarco. Argentina's Roberto De Vicenzo won in 1967 – his only major – with golfing legend Jack Nicklaus coming second.

The par-5 18th hole

THE COURSE

Sitting on the Dee Estuary at Hoylake in the Wirral, the Royal Liverpool course has been redesigned since it last hosted the tournament in 2014. It includes a new 17th hole, a par 3 with an elevated putting surface, while the par-5 18th hole has been lengthened to a new distance of 607 yards. This year, the course will be a par 72 and will be 7,349 yards in length.

Victory for Rory McIlroy in 2014

ROYAL RORY

The last time the Open was held at Royal Liverpool, in 2014, Rory McIlroy claimed his first – and only – Claret Jug, winning his third major with a two-shot victory ahead of Rickie Fowler and Sergio García. Then aged 25, McIlroy became the first European to win three different majors and joined Tiger Woods and Jack Nicklaus as the only players to win three majors by the age of 25. It was also a good day for his dad, Gerry, who shared a payout of £100,000 with a friend, having placed a bet at odds of 500-1 in 2004 that his son would win the Open within the next 10 years.

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

LIVE TENNIS

Wimbledon finals

Saturday & Sunday, BBC1, BBC2, BBC iPlayer & Eurosport 2

After two weeks of grass-court action, the trophies are handed out at the All England Club over the weekend, with the women's singles title decided on Saturday (1.15pm, BBC1) and the men's on Sunday (1pm, BBC1). Last year, Novak Djokovic claimed his seventh Wimbledon title with victory over Nick Kyrgios, who was the first unseeded player to reach the men's final since 2008. Meanwhile, Elena Rybakina won the women's title from a set down when she came from behind against Ons Jabeur to win her first Slam.

A third win for Tiger Woods in 2006

Elena Rybakina

Novak Djokovic (left) and Nick Kyrgios

THE FAVOURITES

Rory McIlroy leads the betting ahead of the tournament, having finished runner-up at the US Open in June, and he'll be continuing his bid to end a nine-year major drought. Tiger Woods will miss out due to injury, but Scottie Scheffler, Jon Rahm, Brooks Koepka and defending champion Cameron Smith should all be in the mix. Smith hit a final round 64 at St Andrews to win last year, and will be joined in the field by other LIV Golf players, including former champions Phil Mickelson, Louis Oosthuizen and Henrik Stenson.

Jon Rahm (left) and Cameron Smith

England's Ben Duckett

LIVE CRICKET

Ashes: Fourth Test

From Wednesday, play starts 11am, Sky Sports Cricket & Sky Sports Main Event

It's a good week for cricket fans with the start of the men's fourth Test at Old Trafford, where England opener Ben Duckett will want to continue his good form in the series, and the conclusion of the women's Ashes with the second and third ODIs on Sunday in Southampton (11am) and a day-night contest in Taunton on Tuesday (1pm). There's also the T20 Blast finals day on Saturday when Edgbaston stages the two semi-finals and final.

United States' Jesús Ferreira

LIVE FOOTBALL

CONCACAF Gold Cup final

Sunday, Viaplay Sports 1

The SoFi Stadium on the outskirts of LA is more used to seeing NFL action as the home of both the Rams and Chargers, but the venue stages the final of the CONCACAF Gold Cup late on Sunday night. USA won the tournament two years ago with a 1-0 win against Mexico, and the co-hosts will be confident of reaching the final again with a talented squad that includes FC Dallas striker Jesús Ferreira, who scored a hat-trick in the 6-0 group-match victory against Trinidad and Tobago.

Lukhanyo Am of South Africa

LIVE RUGBY UNION

The Rugby Championship

Saturday, Sky Sports Action & Sky Sports Main Event

In the second round of matches, New Zealand host South Africa (kick-off 8.05am) and Australia entertain Argentina (kick-off 10.45am). The All Blacks haven't played the Springboks on home soil since 2019 when the teams played out a 16-16 draw in Wellington, while the Pumas recorded their biggest-ever win against the Wallabies (48-17) in the 2022 Championship.

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Sport week A-Z GUIDE

ATHLETICS

LIVE Hungarian Athletics GP
Tue 4.15pm Viaplay Sports 1

LIVE Diamond League: Monaco
Fri 7pm BBC3
Coverage of the Herculis EBS.

AUSTRALIAN RULES

LIVE Carlton Blues v Port Adelaide Power
Sat 7.30am BT Sport 1
Coverage of the AFL match.

LIVE Geelong Cats v Essendon Bombers
Sat 10am BT Sport 2
Coverage of the AFL encounter.

LIVE Essendon Bombers v Western Bulldogs
Fri 10.30am TNT Sports 3
Coverage of the AFL fixture.

LIVE Carlton Blues v West Coast Eagles
Fri 5am TNT Sports 3
Coverage of the AFL game.

BADMINTON

LIVE US Open
Sat & Sun 6pm BT Sport 4
Coverage of the semi-finals and finals at Mid-America Centre.

LIVE Korea Open
Wed 1am TNT Sports 2; Thu 3am TNT Sports 1; Fri 3am TNT Sports 4
Coverage from Yeosu.

BASEBALL

LIVE Philadelphia Phillies v San Diego Padres
Sat 6pm BT Sport 2
The MLB National League match.

LIVE Texas Rangers v Cleveland Guardians
Sat 9pm BT Sport 2
The MLB American League clash.

LIVE New York Mets v Los Angeles Dodgers
Sat 12m't BT Sport 2
The MLB National League fixture.

LIVE Baltimore Orioles v Miami Marlins
Sun 6.30pm BT Sport 2
The MLB inter-league match.

LIVE Oakland Athletics v Minnesota Twins
Sun 9pm BT Sport 3
The MLB American League game.

LIVE Los Angeles Angels v Houston Astros
Sun 12m't BT Sport 1
The MLB American League clash.

Formula E
Championship leader Jake Dennis will be aiming for a win at the Rome ePrix

LIVE Baltimore Orioles v Los Angeles Dodgers
Mon 12m't BT Sport 3
The MLB inter-league encounter.

LIVE Philadelphia Phillies v Milwaukee Brewers
Tue 11.30pm TNT Sports 3
The MLB National League match.

LIVE Los Angeles Angels v New York Yankees
Tue 2.30am TNT Sports 4
The MLB American League clash.

LIVE Baltimore Orioles v Los Angeles Dodgers
Wed 6pm TNT Sports 2
The MLB match at Camden Yards.

LIVE Philadelphia Phillies v Milwaukee Brewers
Wed 11.30pm TNT Sports 1
The MLB National League fixture.

LIVE Atlanta Braves v Arizona Diamondbacks
Thu 5pm TNT Sports 3
The MLB National League game.

LIVE Seattle Mariners v Minnesota Twins
Thu 8.30pm TNT Sports 3
The MLB American League match.

LIVE Chicago Cubs v St Louis Cardinals
Fri 7pm TNT Sports 3
The MLB match.

LIVE Tampa Bay Rays v Baltimore Orioles
Fri 12m't TNT Sports 3

BASKETBALL

LIVE BIG 3
Sat 8pm BT Sport 3
Coverage of the event from Fedex Forum in Memphis, Tennessee.

BOXING

LIVE Lee McGregor v Erik Robles Ayala
Fri 10pm Channel 5
Coverage of the bout for the vacant IBO world super-bantamweight title at Meadowbank Sports Centre, Edinburgh.

COMBAT SPORTS

LIVE KSW
Sat 6pm Viaplay Sports 1
From Polsat Plus Arena in Gdynia.

LIVE UFC Fight Night Prelims
Sat 1am BT Sport 1
Coverage from Las Vegas.

LIVE Holly Holm v Mayra Bueno Silva
Sat 3am BT Sport 1
The women's bantamweight bout from UFC Apex in Las Vegas, Nevada, plus the undercard.

CRICKET

LIVE T20 Blast
Sat 10.30am Sky Sports Main Event & Sky Sports Cricket
Coverage of the first semi-final.

LIVE T20 Blast
Sat 2.15pm Sky Sports Main Event & Sky Sports Cricket
The second semi-final at Edgbaston.

LIVE West Indies v India
Sat & Sun 2.30pm BT Sport 1
Days four and five of the first Test in the two-match series from Roseau.

LIVE T20 Blast
Sat 6.30pm Sky Sports Main Event & Sky Sports Cricket
Coverage of the final at Edgbaston.

LIVE San Francisco Unicorns v Seattle Orcas
Sat 1.30am BT Sport 4
Coverage of the MLC T20 game at Grand Prairie Stadium in Texas.

LIVE England v Australia
Sun 10.30am Sky Sports Main Event & Sky Sports Cricket
Coverage of the second ODI in the multi-format women's Ashes series at Ageas Bowl in Southampton.

LIVE Texas Super Kings v Washington Freedom
Sun 9.30pm BT Sport 2
The MLC T20 clash from Grand Prairie Stadium.

LIVE Los Angeles Knight Riders v MI New York
Sun 1.30am BT Sport 2
The MLC T20 match from Grand Prairie Stadium.

LIVE Texas Super Kings v MI New York
Mon 1.30am BT Sport 2
Coverage of the T20 clash from Grand Prairie Stadium in Texas.

LIVE England v Australia
Tue 12.30pm Sky Sports Main Event & Sky Sports Cricket
The third and final one-day international in the women's Ashes series from Taunton.

LIVE Los Angeles Knight Riders v San Francisco Unicorns
Tue 1.30am TNT Sports 2
Coverage of the T20 match from Grand Prairie Stadium in Texas.

LIVE England v Australia
Wed 10am Sky Sports Main Event & Sky Sports Cricket; Thu & Fri 10.15am Sky Sports Cricket & 11am Sky Sports Main Event
Coverage of days one to three of the fourth men's Ashes Test in the five-match series from Emirates Old Trafford, Manchester. See p29.

LIVE West Indies v India
Thu & Fri 2.30pm TNT Sports 1
Days one and two of the second and final Test in the series from Queen's Park Oval in Port of Spain.

LIVE Washington Freedom v San Francisco Unicorns
Thu 10.30pm TNT Sports 2
Coverage of the MLC T20 match, staged at Church Street Park.

LIVE Seattle Orcas v Texas Super Kings
Fri 10.30pm TNT Sports 2
Coverage of the MLC T20 match, staged at Church Street Park.

CYCLING

LIVE Tour de France
Sat 11.30am Euro1, 12noon ITV4 & 2pm S4C; Sun 12noon Euro1 & ITV4, 2pm S4C; Tue 11.45am Euro1, 2pm ITV4 & S4C; Wed 11am Euro1, 11.15am ITV4 & 2pm S4C; Thu 12noon Euro1, 2pm ITV4 & S4C; Fri 12noon Euro1, 2pm ITV4 & S4C
Coverage of stages 14 to 19 of the prestigious Grand Tour race, including a time trial on Tuesday.

DARTS

LIVE World Matchplay
Sat, Mon, Tue & Wed 7pm, Sun 1pm & 7.30pm, Thu & Fri 8pm Sky Sports Action; Sat 10pm, Sun 8pm, Mon & Wed 7pm, Tue 9pm, Thu & Fri 8.30pm Sky Sports Main Event
Coverage of days one to seven of the tournament, which takes place at Winter Gardens in Blackpool.

EQUESTRIAN

LIVE Show Jumping
Sat 5pm Euro1
Coverage of the Global Champions Tour event from La Coruna in Spain.

GAELIC GAMES

LIVE Dublin v Monaghan
Sat 4.55pm BBC2 (N Ireland only)
Coverage of the All-Ireland Senior Football Championship semi-final from Croke Park.

LIVE Kerry v Derry
Sun 3.30pm BBC2 (N Ireland only)
Coverage of the All-Ireland Senior Football Championship semi-final from Croke Park.

GOLF

LIVE Genesis Scottish Open
Sat 10am Sky Sports Golf; Sun 10am Sky Sports Golf & 7pm Sky Sports Main Event
Coverage of days three and four, which takes place at the Renaissance Club in North Berwick.

LIVE Aramco Team Series
Sat 3pm & Sun 1pm Sky Sports Mix
Coverage of days two and three of the tournament, which takes place at Centurion Club in London.

LIVE Barbasol Championship
Sat & Sun 9pm Sky Sports Golf; Sat 11pm & Sun 11.30pm Sky Sports Main Event
Coverage of days three and four, which takes place at Keene Trace Golf Club in Nicholasville, Kentucky.

LIVE The Open
Thu & Fri 6.30am & 6.30pm Sky Sports Main Event, 6.30am Sky Sports Golf
Coverage of days one and two of the Major, which takes place at Royal Liverpool Golf Club in Hoylake, Merseyside. This is the 13th time overall that the prestigious competition has been held on this course. See p28.

LIVE Barracuda Championship
Thu & Fri 10.30pm Sky Sports Golf & 11pm Sky Sports Main Event
Days one and two at Tahoe Mountain Club's Old Greenwood Golf Course in Truckee, California.

HORSE RACING

LIVE Newmarket
Sat 1.30pm ITV1
Francesca Cumani and Ed Chamberlin present coverage from Newmarket, where the Group 1 July Cup is the feature race.

MOTORCYCLING

LIVE World Superbikes
Sat 8.30am Euro2
Coverage of the Supersport 300 Superpole from Imola, Italy.

LIVE World Superbikes
Sat 9.15am Euro2
Coverage of the Supersport Superpole from Imola, Italy.

LIVE World Superbikes
Sat 10am Euro2
The Superbike Superpole in Italy.

LIVE World Superbikes
Sat 11.15am Euro2
Race one of the Superport 300 discipline from Imolain Italy.

LIVE Speedway Grand Prix
Sat 5.30pm Euro2
Coverage from Malilla, Sweden.

LIVE World Superbikes
Sun 9.30am Euro2
Coverage of the Superbike Superpole race from Imola, Italy.

LIVE World Superbikes
Sun 11.15am Euro2
Coverage of the second Supersport race from Imola, Italy.

LIVE Belle Vue Aces v Ipswich Witches
Mon 7.30pm Euro2
Coverage of the second leg of the opening Premiership Speedway play-off semi-final.

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TV&Satellite week TRAVEL OFFERS

4-star Warner Heythrop Park, Chipping Norton

3 days from £359pp - 3 to 5 January 2024

INCLUDED:

- Entertainment: The Dreamers with Peter Gill as Jerry Lee Lewis, The Rag Dolls, Steve & Colin Temple as the Everlys, Nicky Walker as Buddy Holly, Maxine Mazumder as Dusty, From The Gap, The Firebirds, Carnaby Street, Chris Gee's Comedy Impressions Show, Country Joe, Gareth Rockwell & Keith Slater
- 2 breakfasts & 2 dinners PLUS Free selected drinks from 6pm to midnight every night
- 2 nights' standard en-suite room (upgrades available) & parking

4-star Cotswolds Hotel & Spa, Chipping Norton

3 days from £239pp - 15 to 17 October 2023

INCLUDED:

- Entertainment: Martin Cox as Elton John, Union Gap UK, The Temple Brothers as the Everlys, The Firebirds & DJ Phil Stevens
- 2 breakfasts & 2 cabaret style dinners
- 2 nights' standard en-suite room (singles available) & parking

Also available: Best of the 60s Christmas Party - 19 to 21 Nov 2023; Soul & Motown Winter Warmer Party - 28 to 30 Jan 2024; Back to the 60s Spring Party - 3 to 5 Mar 2024

4-star Delta Marriott Hotel, near Warwick

3 days from £229pp - 13 to 15 October 2023

INCLUDED:

- Entertainment: Hitzville - memories of The Drifters, Bruce Parker - The California Soul Man, Nat Augustin as George Benson, A Celebration of Whitney Houston, Soul Kinda Wonderful, Gladys Knight & The Pips tribute & DJ Phil Stevens
- 2 breakfasts & 2 cabaret style dinners
- 2 nights' standard en-suite room (singles available) & parking

4-star Mercure Dunkenhalgh Hotel, near Blackburn

3 days from £249pp - 8 to 10 October 2023

INCLUDED:

- Entertainment: The Dreamers, The Rag Dolls - tribute to Frankie Valli & The Four Seasons, Jimmy Jemain - 'Stars in Their Eyes' Cliff Richard, Carnaby Street & DJ Phil Stevens
- 2 breakfasts & 2 cabaret style dinners
- 2 nights' standard en-suite room (singles available) & parking

Also available: Back to the 60s & 70s Winter Warmer Party - 14 to 16 Jan 2024

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MOTORSPORT

LIVE GT World Challenge Europe
Sat 12.45pm & Sun 9pm Sky Sports F1
Coverage from Misano in Italy.

LIVE Formula E
Sat & Sun 1.30pm C4
Coverage of the Rome ePrix at Circuito Cittadino dell'EUR.

LIVE ADAC GT Masters
Sat & Sun 2pm Viaplay Xtra
Coverage from Nurburgring.

LIVE Ferrari Challenge
Sat 2.15pm & 5.15pm Sky Sports F1
Coverage of fifth round of the season from Estoril, Portugal.

LIVE Indycar
Sat 3.35pm Sky Sports F1
Coverage of the second practice session for the Honda Indy Toronto.

LIVE Indycar
Sat 7.50pm Sky Sports F1
The Honda Indy Toronto qualifying session at Exhibition Place.

LIVE FIM JuniorGP Championship
Sun 9.45am BT Sport 2
Coverage from Barcelona.

LIVE Indycar
Sun 6.30pm Sky Sports F1
The Honda Indy Toronto at Exhibition Place in Toronto.

LIVE NASCAR
Sun 7pm Viaplay Sports 1
Coverage of the Crayon 301 at New Hampshire Motor Speedway.

LIVE World Rally Championship
Thu 6pm, Fri 7am, 9.30am, 12.30pm & 3.15pm TNT Sports 2
Coverage of the Rally Estonia.

LIVE Formula 3
Fri 8.55am Sky Sports F1
The Hungarian Grand Prix practice session, staged at Hungaroring.

LIVE Formula 2
Fri 10am Sky Sports F1
The Hungarian Grand Prix practice session, staged at Hungaroring.

LIVE Formula 1
Fri 12noon Sky Sports F1
The Hungarian Grand Prix first practice session at Hungaroring.

LIVE Formula 3
Fri 2pm Sky Sports F1
The Hungarian Grand Prix qualifying session, staged at Hungaroring.

LIVE Formula 2
Fri 2.55pm Sky Sports F1
The Hungarian Grand Prix qualifying session, staged at Hungaroring.

LIVE Formula 1
Fri 3.35pm Sky Sports F1
The Hungarian Grand Prix second practice session at Hungaroring.

LIVE Indycar
Fri 9pm Sky Sports F1
Coverage of the Hy-Vee Homefront 250 first practice session at Iowa Speedway in Newton, Iowa.

POOL

LIVE Ultimate Pool
Mon 6.30pm Viaplay Sports 1
Coverage of the Pairs Cup.

RUGBY LEAGUE

LIVE Sydney Roosters v Melbourne Storm
Sat 10.35am Sky Sports Arena
Coverage of the NRL match from Sydney Cricket Ground.

LIVE Dolphins v Penrith Panthers
Sun 7.05am Sky Sports Main Event & Sky Sports Arena
The NRL match at Dolphin Stadium.

LIVE Parramatta Eels v Gold Coast Titans
Sun 9.15am Sky Sports Arena
Coverage of the NRL match, staged at CommBank Stadium.

LIVE NRL
Thu 10.30am Sky Sports Arena
Coverage of a match from Australia.

LIVE New Zealand Warriors v Canberra Raiders
Fri 9am Sky Sports Arena
Coverage of the NRL match from Go Media Stadium in Auckland.

LIVE South Sydney Rabbitohs v Brisbane Broncos
Fri 11am Sky Sports Arena
The NRL match at Sunshine Coast Stadium in Queensland.

LIVE Gold Coast Titans v North Queensland Cowboys
Fri 3.50am Sky Sports Main Event & Sky Sports Arena
Coverage of the NRL match at Cbus Super Stadium in Robina.

RUGBY UNION

LIVE New Zealand v South Africa
Sat 7.55am Sky Sports Action & Sat 8am Sky Sports Main Event (kick-off 8.05am)
Coverage of the match from the second week of the Rugby Championship, staged at Go Media Stadium in Auckland. See p29.

LIVE Australia v Argentina
Sat 10.35am Sky Sports Action (Kick-off 10.45am) Coverage of the Rugby Championship encounter, which takes place at CommBank Stadium in Parramatta, New South Wales. See p29.

SNOOKER

LIVE Championship League
Mon-Fri 12noon & 5pm Viaplay Xtra
Coverage of the ranking event.

TENNIS

LIVE Wimbledon
Sat 11am BBC2
The wheelchair finals from SW19.

LIVE Wimbledon
Sat 1.15pm BBC1 & 1.30pm Euro2
Coverage of the ladies' singles final on day 13, which takes place at the All England Club. See p29.

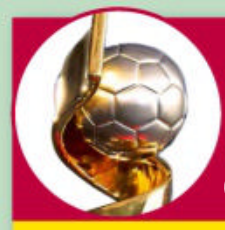
LIVE Wimbledon
Sat 7.15pm BBC2
The men's doubles final from the All England Club.

LIVE Wimbledon
Sun 11am BBC2
Coverage of the concluding wheelchair finals, which takes place at the All England Club.

LIVE Wimbledon
Sun 1pm BBC1 & 1.30pm Euro2
The final day of the Grand Slam tournament from the All England Club, where the men's singles final takes centre stage. See page 29.

LIVE Wimbledon
Sun 6.35pm BBC2
The ladies' doubles from the All England Club as the Grand Slam event draws to a close.

Football planner



Women's World Cup

Our guide to the opening matches Down Under...

This World Cup is the first time the tournament has been hosted by two nations, and both New Zealand and Australia are in action on the opening day.

New Zealand's Erin Nayler

Canada's Christine Sinclair

THURSDAY

New Zealand get things under way in the opening match when they face **Norway** at Eden Park in Auckland in a Group A clash (kick-off 8am, BBC1) – with keeper Erin Nayler hoping to keep a clean sheet for the co-hosts. The action then switches to Sydney where **Australia** take on a **Republic of Ireland** side that is making its World Cup debut (kick-off 11am, ITV1). Captain Sam Kerr is among the standout stars for the Aussies, while coach Vera Pauw's Republic squad features Celtic defender Claire O'Riordan and Shamrock Rovers teenager Abbie Larkin.

Australia's Sam Kerr

Late on Thursday, Group B's **Nigeria** and **Canada** meet in Melbourne (kick-off 3.30am, BBC1), with Canadian captain Christine Sinclair aiming to become the first player to score at six World Cups in either the men's or women's game.

Spain's Irene Paredes

FRIDAY

Dunedin is the venue for the Group A match between **Philippines** and **Switzerland** (kick-off 6am, ITV1), while Group C gets under way in Wellington as **Spain** tackle **Costa Rica** (kick-off 8.30am, BBC2). Spain's squad is built around the Barcelona side that won the Champions League, including captain Irene Paredes. Group E's **USA** and **Vietnam** end the day's play (k-o 2am, BBC1).

Saturday 15

LIVE Viaplay Cup
2.45pm Viaplay Sports 1
Coverage of a group stage match.

LIVE Atlanta United v Orlando City SC
Apple TV+ (kick-off 12.30am)
Coverage of the MLS match.

LIVE CF Montreal v Charlotte FC
Apple TV+ (kick-off 12.30am)
Coverage of the MLS fixture.

LIVE FC Cincinnati v Nashville SC
Apple TV+ (kick-off 12.30am)

LIVE New England Revolution v DC United
Apple TV+ (kick-off 12.30am)

LIVE Philadelphia Union v New York City FC
Apple TV+ (kick-off 12.30am)

LIVE Austin FC v Sporting Kansas City
Apple TV+ (kick-off 1.30am)

LIVE Chicago Fire FC v Toronto FC
Apple TV+ (kick-off 1.30am)

LIVE Minnesota United FC v Los Angeles Football Club
Apple TV+ (kick-off 1.30am)

LIVE St Louis City SC v Inter Miami CF
Apple TV+ (kick-off 1.30am)

LIVE Colorado Rapids v Houston Dynamo FC
Apple TV+ (kick-off 2.30am)
Coverage of the MLS match.

Sunday 16

LIVE CONCACAF Gold Cup
1am Viaplay Sports 1
Coverage of this year's final from SoFi Stadium in Inglewood, Los Angeles. USA claimed the trophy for the seventh time in 2021, defeating Mexico 1-0 after extra time. See page 29.

Tuesday 18

LIVE Finland v Scotland
4.50pm BBC Alba (kick-off 5pm)
Coverage of the women's friendly encounter, which takes place at the Tampere Stadium in Finland.

LIVE Viaplay Cup
7.15pm Viaplay Sports 1
A group stage match.

LIVE Champions League
8pm TNT Sports 1 (kick-off 8pm)
Coverage of a qualifying match from Europe's major competition.

LIVE Champions League
8pm TNT Sports 2 (kick-off 8pm)
A qualifying match.

Wednesday 19

LIVE Viaplay Cup
7.15pm Viaplay Sports 1
A group stage fixture.

LIVE Champions League
8pm TNT Sports 1 (kick-off 8pm)
Coverage of a qualifying match from Europe's major competition.

LIVE Champions League
8pm TNT Sports 3 (kick-off 8pm)
A qualifying match.

Thursday 20

LIVE New Zealand v Norway
7.30am BBC1 (kick-off 8am)
The opening match of the Women's World Cup, as the Group A sides meet at Eden Park in Auckland.

LIVE Australia v Republic of Ireland
10.15am ITV1 (kick-off 11am)
The opening Women's World Cup Group B match from Stadium Australia in Sydney.

LIVE Nigeria v Canada
3.20am BBC2 (kick-off 3.30am)
Coverage of the Women's World Cup Group B match, which takes place at Melbourne Rectangular Stadium in Australia.

Friday 21

LIVE Philippines v Switzerland
5.50am ITV1 (kick-off 6am)
Coverage of the Women's World Cup match from the opening round of fixtures in Group A, which takes place at Forsyth Barr Stadium in Dunedin, New Zealand.

LIVE Spain v Costa Rica
8.15am BBC2 (kick-off 8.30am)
The Women's World Cup Group C match, which takes place at Wellington Regional Stadium in New Zealand.

LIVE USA v Vietnam
1.45am BBC1 (kick-off 2am)
The opening Women's World Cup match in Group E, which takes place at Eden Park in Auckland.

PHOTOS: GETTY

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Saturday

15 July

Evening Planner

Tennis

Wimbledon Finals
BBC1, BBC2 & iPlayer, from 11am
A final weekend of tennis action from SW19, with the ladies' singles and men's doubles finals both scheduled for today.

Cricket

T20 Blast Finals Day
Sky Sports Main Event & Sky Sports Cricket, play starts 11am
The four top teams arrive in Edgbaston for an action-packed T20 Finals Day.

Drama

Becoming Elizabeth
C4, 9.15pm
Alicia von Rittberg stars in this drama that focuses on the earlier life of the Virgin Queen. Previously shown on Lionsgate+.

Drama

Armageddon Time
Sky Premiere, 10.25pm
Writer and director James Gray's semi-autobiographical drama starring Banks Repata as a young Jewish-American boy.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1		7.15 News	7.35 Pointless Celebrities	8.25 Casualty		9.15 Champion	10.00 News	10.20 Film: Sully
102 BBC2		7.15 Wimbledon – Live	8.00 Today at Wimbledon		9.00 The Kinks at the BBC		10.00 The Old Grey Whistle Test	
103 ITV1	7.00 The Voice Kids				9.00 The Chase Celebrity Special		10.00 Crime	
104 CHANNEL 4		7.15 A Royal Guide to – Properties		8.15 Chernobyl: The New Evidence		9.15 Becoming Elizabeth		10.30 Film: Favourite
105 CHANNEL 5		7.20 Isle of Wight: Jewel of the South		8.15 Hampton Court: Upstairs, Downstairs		9.15 Kate: Our New Diana?	10.15 Greatest TV Moments of...	
106 SKY SHOWCASE	7.00 To End All War: Oppenheimer and the Atomic Bomb			8.45 Inside...		9.15 Film: Mission: Impossible III		
ENTERTAINMENT								
115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Two Pints of Lager and a Packet of Crisps			
116 BBC4	7.00 Caribbean with Simon Reeve		8.00 How the Wild West Was Won with...		9.00 Beck			10.35 Lily...
118 ITV2	◂ 6.50 Film: The Huntsman: Winter's War				9.00 Love Island: Unseen Bits		10.05 Family Guy	
136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Great British Dig: History in Your...		9.00 24 Hours in A&E			
135 E4	◂ 6.40 Film: Star Trek Beyond				9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Organized Crime	
108 SKY ATLANTIC	◂ 6.45 The Sopranos		7.55 Game of Thrones					
110 GOLD	7.00 Only Fools and Horses				9.00 Mrs Brown's Boys	9.40 The Royle Family		
111 DAVE	7.00 Red Bull Soapbox Race		8.00 Not Going Out			9.20 Not Going Out Christmas Special		10.20 Mock the Week
119 ITV3		7.15 Midsomer Murders						
120 ITV4	7.00 Tour de France Highlights		8.00 Film: Rocky III					10.10 Film: Shaun of the Dead
112 COMEDY CENTRAL		7.10 Film: 50 First Dates			9.00 Film: Pain & Gain			
139 SKY SCI-FI	7.00 Stargate Atlantis				9.00 True Blood			
113 SKY MAX	7.00 Hawaii Five-0		8.00 A League of Their Own: European...		9.00 The Lionesses: A League of Their Own...		10.00 Warrior	
109 ALIBI	7.00 Father Brown		8.00 Inspector George Gently				10.00 Death in Paradise	
130 SKY ARTS	◂ 5.00 Ringo Starr...	7.30 The Directors		8.30 Inside...	9.00 Film: Following			10.25 The Smile: Forget...
132 W	◂ 6.55 My Family Christmas Special 2004		8.00 My Family Christmas Special 2005			9.10 Gavin & Stacey		
DOCUMENTARY								
125 DISCOVERY	7.00 Deadliest Catch		8.00 Tracked		9.00 Hoffman Family Gold		10.00 Expedition Unknown	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Swimming with Monsters with Steve...		9.00 Rugged Justice		10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 Hitler Youth		8.00 World War II: The Apocalypse					
123 SKY HISTORY	7.00 Ancient Aliens				9.00 D-Day: The Light of Dawn			
155 YESTERDAY	7.00 Great American Railroad Journeys						10.00 Porridge	
121 SKY DOCS	◂ 6.25 To End All War: Oppenheimer and the...		8.10 Brillo Box (3¢ off)		9.00 The Good Fight Club		10.00 Bruno v Tyson	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 Breaking Point		8.00 Black Adam					10.25 Armageddon Time
303 HITS	◂ 5.45 Nope		8.00 Bullet Train				10.10 2 Guns	
304 GREATS	◂ 5.40 A Beautiful Mind		8.00 Sleepless in Seattle				10.00 Serpico	
305 ANIMATION	◂ 5.40 The Lego...	7.30 Minions			9.15 Shrek			
306 FAMILY	◂ 6.00 Stuart Little	7.40 Ghostbusters: Afterlife				9.55 The Smurfs 2		
307 ACTION	◂ 6.00 Uncharted		8.00 Bad Boys for Life				10.05 The Fast and the Furious: Tokyo...	
308 COMEDY	◂ 6.10 Kinky Boots		8.00 Bad Neighbours			9.40 Bad Neighbours 2		
309 SPIES	◂ 6.15 xXx: The Next Level		8.00 RED				10.00 The Bourne Legacy	
310 DRAMA	◂ 5.45 Dreamgirls		8.00 Selma				10.15 Straight Outta Compton	
311 SCI-FI	◂ 6.05 Super 8		8.00 Ex Machina				10.00 Watchmen	
302 BLOCKBUSTERS	◂ 6.10 Top Gun		8.00 Top Gun: Maverick				10.10 The Last Samurai	
313 FILM4	◂ 6.25 Stardust				9.00 Collateral			
SPORT								
401 MAIN EVENT	◂ 6.30 Vitality T20 Blast Cricket – Live: Coverage of this year's final from Edgbaston						10.00 World Matchplay Darts – Live	
402 PREMIER LEAGUE	7.00 Premier League Years				9.00 MNF Special: Pep Guardiola			10.30 PL Retro
403 FOOTBALL	◂ 6.00 EFL Cup Retro				9.00 Retro League One			
404 CRICKET	◂ 6.30 Vitality T20 Blast Cricket – Live: Coverage of this year's final from Edgbaston							10.30 Vitality T20...
413 BT SPORT 1	◂ 2.30 Test Cricket – Live: West Indies v India							
414 BT SPORT 2	◂ 6.00 MLB – Live: Philadelphia Phillies v San Diego Padres (Start-time 6.05); Texas Rangers v Cleveland Guardians (Start-time 9.05)							

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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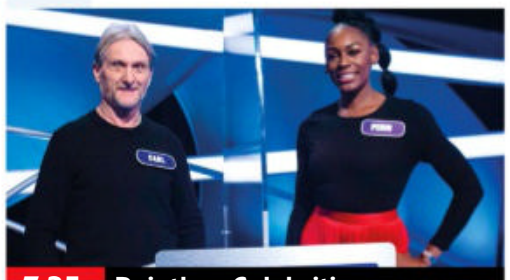
BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** News, sport and entertainment reports. (S)
10.00 **Saturday Kitchen Live** New edition Matt Tebbutt is joined by chefs Ravneet Gill and Greg Marchand, plus special guest Gary Barlow. (S)
11.30 **Nadiya Bakes** Nadiya Hussain showcases her ultimate bakes to share with loved ones. (S)(R)(AD)
12.00 NOON **Homes Under the Hammer** Properties about to be auctioned in South Yorkshire, Leicestershire and Essex. (S)(R)
1.00 PM **BBC News** (S)
1.15 LIVE **Wimbledon** Clare Balding presents coverage of the 13th and penultimate day of the Grand Slam tournament from the All England Club, where the ladies' singles final takes centre stage. (S)



7.35 Pointless Celebrities

6 PM LIVE **Wimbledon** (started at 1.15pm)

7 PM
7.15 **BBC News** (S)
7.25 **Local News** (S)
7.35 **Pointless Celebrities** New edition With Carl Fogarty, Sarah Greene, Jo Good, Lisa George, Dr Tom Naylor, Sian Welby and Sonali Shah. (S)

8 PM
8.25 **Casualty** A special episode to mark the 75th anniversary of the NHS. A devastating collision leaves a motorcyclist with life-changing injuries. (S)(AD)

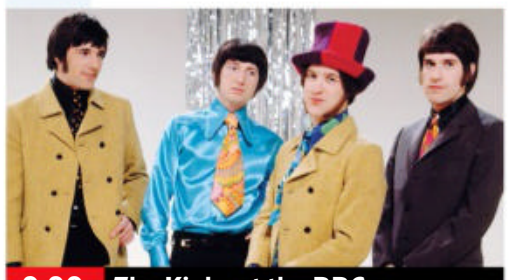
9 PM
9.15 **Champion** New episode *Better Off on My Own:* 3/8. Vita's star starts to rise, but the release of the new single creates tension. (S1) (S)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.20 FILM **Sully** Fact-based drama telling the story of US pilot Chesley 'Sully' Sullenberger, who landed a US Airways plane in New York's Hudson River in 2009. Stars Tom Hanks. (S)(AD) (2016, 12, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 FILM **99 Homes** Drama starring Andrew Garfield. A father tries to support his family by working for the ruthless businessman who evicted them from their home. (S) (2014, 15, 110min) ★★★★
1.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.40 AM **Children's Programmes**
9.30 **Deadly 60** (S)(R)
10.00 **Pooch Perfect** (S)(R)(AD)
11.00 LIVE **Wimbledon** Coverage of the opening play on day 13 of the Grand Slam tournament, staged at the All England Club, featuring the wheelchair finals. (S)
12.30 PM **Food & Drink** (S)(R)(AD)
1.00 **Pizza Boys** (S)(R)
1.30 **The A to Z of TV Cooking** (S)(R)
1.45 FILM **Ice Station Zebra** Cold War action thriller starring Rock Hudson and Patrick McGoohan. (S) (1968, U, 140min) ★★★
4.05 FILM **The Heroes of Telemark** Fact-based drama starring Kirk Douglas. A Norwegian resistance team embark on a mission to destroy a heavy-water plant. (S) (1965, U, 130min) ★★★



9.00 The Kinks at the BBC

6.15 **Flog It!** Paul Martin and the team are in Sheffield, where James Lewis finds a Victorian automaton that causes a stir in the auction. (S)(R)
7.15 LIVE **Wimbledon** Coverage of the conclusion of the 13th and penultimate day's play from the Grand Slam tournament, featuring the men's doubles final. (S)
8.00 **Today at Wimbledon** Qasa Alom presents highlights of the penultimate day's play at the All England Club, where the ladies' singles final was the main attraction on Centre Court. (S)
9.00 **The Kinks at the BBC** Archive performances by the band from shows including *Top of the Pops* and *The Old Grey Whistle Test*, charting how their sound developed from the 1960s to the 1980s. (S)(R)
10.00 **The Old Grey Whistle Test** A 1977 performance by The Kinks, recorded at the BBC Television Theatre. (S)(R)
10.45 **I'm Not Like Everybody Else: The World of Ray Davies and The Kinks** A profile of the rock star. (S)(R)
11.40 **Golf: Scottish Open** Action from the third day's play of the event at the Renaissance Club in North Berwick. (S)
12.40 AM **The Kinks at The Rainbow** New edition The band perform at the Rainbow Theatre, London. (S)
1.20 FILM **Piranhas** Drama starring Francesco Di Napoli. Subtitled. (2019, 15, 105min) ★★★
3.05 **to 6.35** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **CITV**
8.25 **ITV News** (S)
8.30 **Oti Mabuse's Breakfast Show** New edition With guests Suzi Ruffell and Mark Wright. (S)
9.25 **Catchphrase** (S)(R)(AD)
10.10 NEW SERIES **Jason Atherton's Dubai Dishes** The chef is joined by Rahul Rana, who combines chocolate with beetroot curry. (S)
11.15 LIVE **Goodwood Festival of Speed** A celebration of motor racing from Goodwood Estate in West Sussex, focusing on the drivers of yesterday and today. (S)
1.15 PM **ITV News** (S)
1.30 LIVE **Racing** Coverage from Newmarket, York and Ascot. (S)
5.00 **Celebrity Lingo** With Michelle Visage, Ranj Singh, Jenny Ryan, Axel Blake and Ellie Taylor. (S)(R)

7.00 The Voice Kids

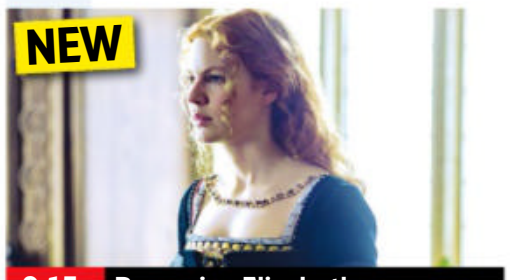
6.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
6.30 **ITV News** (S)
6.45 **Local News** (S)
7.00 **The Voice Kids** Series finale 3/3. Emma Willis hosts the final of the contest giving youngsters between the ages of seven and 14 a chance at achieving stardom. (S)
9.00 **The Chase Celebrity Special** Amanda Byram, Adam Thomas, Brendan Cole and Naga Munchetty work as a team to take on one of the Chasers and secure a charity prize. Bradley Walsh hosts. (S)(R)
10.00 **Crime** New episode 3/6. Gillman and Leblanc identify the man who murdered Fabienne and Gaston. *Previously shown on ITVX & BritBox.* (S1) (S)(AD)
10.55 **ITV News** (S)
11.15 FILM **Shanghai Noon** Martial-arts Western comedy starring Jackie Chan and Owen Wilson. (S)(AD) (2000, 12, 125min) ★★★
1.20 AM **Tour de France Highlights** Action from stage 14. (S)(R)
2.10 **Catchphrase** (S)(R)(AD)
2.45 **The Masked Singer US** (S)(R)(AD)
3.30 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fishing Allstars** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.20 AM **Everybody Loves Raymond** Double bill. (S6) (S)(R)(AD)
7.10 **The King of Queens** (S)(R)(AD)
9.00 **Frasier** 6-8/24. (S5) (S)(R)(AD)
10.30 **The Simpsons** (S)(R)(AD)
1.30 PM LIVE **Formula E** Coverage of the opening race of the Rome ePrix, staged at Circuito Cittadino dell'EUR. Start time is at 2.00. (S)
3.30 **Find It, Fix It, Flog It** (S)(R)
4.15 **Four in a Bed** The competition kicks off at N'ista Boutique Rooms in Birkdale, Merseyside. (S)(R)
4.50 For the second visit, the B&Bers head to Oakleigh Guest House in Blackpool. (S)(R)
5.20 Linda Milner and her friend Lany welcome their guests to Bay House in Scarborough. (S)(R)
5.50 The final visit is to the Farrier in Cayton, North Yorkshire. (S)(R)



9.15 Becoming Elizabeth

6.15 **Four in a Bed** The B&Bers reunite to settle some scores. (S)(R)
6.45 **News** (S)
7.15 **A Royal Guide to... Properties** 5/6. The work of staff members maintaining the Royal Family's many properties, including Holyrood House and Buckingham Palace. (S)(R)(AD)
8.15 **Chernobyl: The New Evidence** 1/2. Exploring the run-up to the nuclear disaster, examining newly declassified evidence from the KGB archives about the safety of the plant. (S)(R)(AD)
9.15 NEW SERIES **Becoming Elizabeth** 1/8. Drama following the untold story of Elizabeth I before she ascended the throne. After the death of Henry VIII, his children are now pawns in a dangerous game. *Previously shown on Lionsgate+.* (S1) (S)(AD)
10.30 FILM **The Favourite** Black comedy starring Olivia Colman. A new servant interrupts the dynamic between Queen Anne and her close friend, Lady Sarah. (S)(AD) (2018, 15, 140min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM FILM **The Guard** Comedy thriller starring Brendan Gleeson. (S) (2011, 15, 105min) ★★★★
2.35 **Ramsay's Kitchen Nightmares USA** In Sante La Brea. (S)(SL)(R)
3.25 **Hollyoaks Omnibus** (S)(SL)(R)(AD)
5.30 **Find It, Fix It, Flog It** (S)(R)
5.40 **to 6.10** AM **Beat the Chef** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.50 AM **Milkshake!**
10.15 **Entertainment News** (S)
10.25 **Friends** (S1) (S)(R)(AD)
11.55 **Bargain-Loving Brits in the Sun** Songwriter Lee saves to record his own song. (S)(R) **12.55** PM Jackie plans to expand her portfolio. (S)(R) **1.55** Following Brits who moved to Spain. (S)(R)
2.55 **22 Kids & Counting** Sue is about to give birth to her 22nd child just as the nation goes into lockdown. (S)(R) **3.55** Chloe is house hunting with her new boyfriend. (S)(R)
4.55 **Inside Legoland: A World of Wonder** 1/4. Behind the scenes at one of the UK's most popular theme parks. (S)(R)
5.55 **News** (S)

9.15 Kate: Our New Diana?

6.00 **When the Spencers Met the Monarchy** The impact of the marriage of Diana Spencer and the then Prince Charles on each of their families, the Spencers and the Windsors. (S)(R)

7.20 **Isle of Wight: Jewel of the South** 2/6. In Yarmouth, an upmarket hotelier prepares for one of the busiest weeks of the summer. (S)(R)

8.15 **Hampton Court: Upstairs, Downstairs** 5/8. The history of Hampton Court's Great Hall, a dining area that was also used by Henry VIII to keep an eye on his household. (S)(R)

9.15 NEW **Kate: Our New Diana?** Documentary comparing and contrasting the life and style of two Princesses of Wales – Diana, who died in 1997, and Kate, who eventually took on her title. (S)

10.15 **Greatest TV Moments of the 80s** Matthew Kelly takes a look back at the most popular TV from 1985, featuring *'Allo 'Allo!*, *Bullseye*, *Name That Tune* and *Crossroads*. (S)(R)

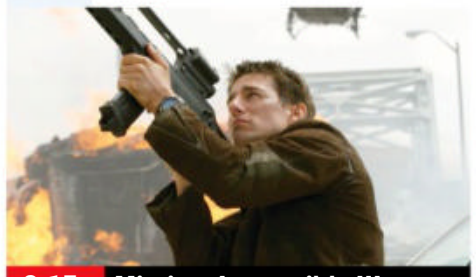
12.10 AM **Sex & Power: Celebrity Wars** Exploring the world of tabloid journalism. (S)(R)
1.05 **Teleshopping** (S)
3.05 **Red Arrows: Kings of the Sky**
3.50 **The Yorkshire Vet** (S)(R)(AD)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **House Doctor** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **Wildlife Rescue New Zealand** Double bill. (S)(R)(AD)
8.00 **Modern Family** (S8) (S)(R)
10.00 **Big Cats: An Amazing Animal Family** Double bill. (S)(R)(AD)
12.00 NOON **The Simpsons** Seven episodes, including at: **2.30** PM *Homerpalooza:* Homer takes Bart and Lisa to a rock festival. (S)(R) **3.00** *Summer of 4ft 2:* Lisa changes her image. (S)(R) **3.30** *You Only Move Twice:* Homer gets a new job, forcing the family to move. (S)(R)
4.00 **David Attenborough's Wild City** Examining the wildlife of Singapore. (S)(R)(AD)
5.00 **Ancient Murders Unearthed** An 800-year-old partial skeleton is analysed. (S)(R)



9.15 Mission: Impossible III

6.00 **Cursed Treasures** 3/10. The origins of the curses surrounding Sutton Hoo, Lyuba and others, from an Anglo-Saxon burial ground to the caves of the Judean Desert. (S)(R)

7.00 **To End All War: Oppenheimer and the Atomic Bomb** The true story of physicist J Robert Oppenheimer and his journey from an ambitious scientist to a man tormented by the consequences of his actions. (R)

8.45 NEW **Inside Christopher Nolan's Oppenheimer** Alex Zane interviews the director of the upcoming biographical thriller. (S)

9.15 FILM **Mission: Impossible III** Action spy thriller starring Tom Cruise, Philip Seymour Hoffman and Michelle Monaghan. Secret agent Ethan Hunt tries to free his kidnapped wife from the clutches of an international arms dealer. (S)(AD) (2005, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 **Tom Cruise: Impossible Missions** Memorable stunts. (R)
12.30 AM **The Good Fight Club** 4/4. The pressure is on at the end of the season. (S)(R)
1.30 **Last King of the Cross** 9/10. The Ibrahims have different views on where they fit in the new order. (S1) (S)(R)(AD)
2.45 **Road Wars** (S)(R)
3.15 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations
WALES
Sky **965**, Virgin **864**, Freesat **965**
11.30am Homes Under the Hammer (S)(R) **12.30-1.00pm** Kiri's TV Flashback (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
4.05pm Flog It! (S)(R) **4.50** Suzie Lee: Home Cook Hero (S)(R) **4.55** LIVE The Championship: Dublin v Monaghan (Throw-in 5.30pm). (S) **7.30-8.00pm** Dad's Army (S)(R)(AD)
WALES
Sky **968**, Freesat **968**
1.00-1.30pm Nadiya Bakes (S)(R) **6.15** Flog It! (S)(R) **6.45-7.15pm** Iolo: A Wild Life (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Chris a'r Afal Mawr (AD) **11.00** Bwrdd i Dri (AD) **11.30** Garddio a Mwy **12.00noon** Ffermio **1.00pm** Radio Fa'ma (AD) **2.00** LIVE Seiclo: Tour de France **4.45** Ar Werth (AD) **5.15** Cynefin **6.15** Bwrdd i Dri (AD) **6.45** Cyfres Triathlon Cymru **7.15** Newyddion a Chwaraeon **7.30** Ein Llwybrau Celtaidd **8.00** NEW SERIES Tafwyl '23 **10.00** Seiclo: Tour de France **10.30-11.35pm** Uchafbwyntiau Llangollen 2023

BBC3

115/117/141 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Trouble is in store for Keanu when Lisa returns with Peggy. **7.30** Sharon and Keanu prepare to introduce Albie to Peggy, while Stacey goes on a date with Theo.
8.00 **Top Gear** Jennifer Saunders and Paul Hollywood are this week's Stars in a Rallycross Car.
9.00 **Two Pints of Lager and a Packet of Crisps** 4/9. Janet hopes to earn Gaz's respect by making an arrest. **9.30** 5/9. Donna and Gaz's impending divorce prompts them to reminisce. **10.00** 6/9. Gaz decides to propose to Janet. **10.30** 7/9. Gaz makes a confession to Janet. (S8)
11.00 **Wireless Festival Highlights** With Lil Yachty, Travis Scott and 50 Cent.
12.00 M'T **Drill on Trial**
1.00 AM **Eating with My Ex**
1.30 **Two Pints of Lager and a Packet of Crisps**
3.30 **Ellie & Natasia**
3.45 **to 3.55** AM **Man Eater**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Caribbean with Simon Reeve** Simon begins the last leg of his journey in Nicaragua.
8.00 **How the Wild West Was Won with Ray Mears** 1/3. The adventurer investigates how the American wilderness shaped the Wild West.
9.00 **Beck** New episode *Inferno:* 3/4. Josef is suspended on suspicion of assault of a Säpo agent, so Klas Fredén offers to help – but nothing in life is free. Subtitled. (S9)
10.35 **Lily Savage's Blankety Blank** With Brian Blessed, Barbara Windsor, Gaynor Faye and Declan Donnelly.
11.05 **Peter Ustinov: The Parkinson Interviews**
12.05 AM **Hancock's Half Hour**
12.35 **Whatever Happened to the Likely Lads?**
1.05 **Bouffants, Beehives and Bobs: The Hairstyles That Shaped Britain**
2.05 **How the Wild West Was Won with Ray Mears**
3.05 **to 3.35** AM **Lily Savage's Blankety Blank**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
12.30 PM **Bake Off: The Professionals**
1.35 **Four in a Bed**
4.15 **Come Dine with Me** Clare aims to impress her guests with an Indian-themed menu. **4.50** Promoter David prepares a fine-dining menu. **5.20** Marketing consultant Liz prepares a fancy French-themed menu. **5.50** Club singer John hosts the fourth night in Newcastle.
6.20 **Come Dine with Me** Hotel administrator Vicky hosts the last night of the competition in Newcastle.
6.55 **Car S.O.S** Tim Shaw and Fuzz Townshend are taking on their 100th car and their first electric conversion.
7.55 **The Great British Dig: History in Your Back Garden** How Bognor Regis spearheaded the good old British staycation.
9.00 **24 Hours in A&E** Seventy-year-old Jenny is brought in with a suspected stroke. **10.00** A woman collapses following a headache.
11.05 **8 Out of 10 Cats Does Countdown**
12.10 AM **8 Out of 10 Cats Does Countdown Christmas Special**
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 347 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Rude(ish) Tube Shorts**
6.20 **Modern Family**
6.45 **Supernanny USA**
7.40 **Don't Tell the Bride**
9.45 FILM **Monster House** Animated comedy. (2006, PG, 91min) ★★★★
11.35 **Ramsay's Kitchen Nightmares USA**
2.35 PM **Modern Family**
5.10 **The Big Bang Theory** Triple bill, including at: **6.10** 10/23. Bernadette asks Leonard about his physics experiment. (S3)
6.40 FILM **Star Trek Beyond** Sci-fi adventure starring Chris Pine, Zachary Quinto and Idris Elba. The *USS Enterprise* is lured into a deadly trap, which leaves the crew stranded on an unexplored alien world. With Simon Pegg. (2016, 12, 122min) ★★★★
9.00 **Celebrity Gogglebox** *The Silence of the Lambs, Killing Eve, Naked Attraction, The £100k Drop, First Dates* and *Serengeti* are appraised.
10.00 **Gogglebox** Opinions on *Heartstopper, Made in Chelsea* and *Ross Kemp: Shipwreck Treasure Hunter*.
11.05 **Gogglebox** Opinions on *Eurovision Song Contest*.
12.05 AM **First Dates**
2.10 **Celebrity Gogglebox**
3.10 **Gogglebox**
4.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235 | 306 | 30 | 123

SATURDAY Entertainment

Saturday

Sky Witness

107 107 807 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **Send in the Dogs**
12.00 NOON **Air Ambulance ER**
1.00 PM **Caught Red Handed** Footage of a thief taking money from a family home is caught on a spy-pen. **1.45** A robber who forgot to bring along his swag bag.
2.30 **Caught on Dashcam** Outrageous road disasters.
3.30 **Nothing to Declare** Seven editions of the documentary.

10.00 Law & Order: Organized...

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *Fire Drill:* 19/21. Eddie asks Frank to put her on modified duty after her arrest of a protestor. (S13)

9 PM

9.00 **Law & Order: Special Victims Unit** *A Better Person:* 8/22. The unit hunt for a suspect who murdered a child. (S24)

10 PM

10.00 **Law & Order: Organized Crime** *Whipping Post:* 8/22. Bell tries to keep rumours from swirling. (S3)
11.00 **The Good Doctor** 12/22. Dr Morgan Reznick wrestles with a big career decision. (S6)
12.00 M'T **The Rookie** 1/20. (S1)
1.00 AM **Bull** 2/23. (S1)
2.00 **Air Ambulance ER**
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **The Guest Wing**
8.55 **The Newsroom** (S1&2)
2.25 PM **The Sopranos** 7/13. Paulie and Christopher argue and Junior undergoes surgery. **3.30** 8/13. Tony's generosity in giving up his time with Dr Melfi finally pays off. **4.35** 9/13. Tony eyes up a new car and its saleswoman. **5.40** 10/13. A reluctant Bacala dons a Santa suit. **6.45** 11/13. Christopher and Paulie endure a journey through South Jersey. (S3)

7.55 Game of Thrones

7.55 **Game of Thrones** *Stormborn:* 2/7. Daenerys receives an unexpected visitor, Jon faces a revolt, and Tyrion plans the conquest of Westeros.

9.00 **Game of Thrones** *The Queen's Justice:* 3/7. Daenerys holds court and Jaime learns from his mistakes.

10.05 **Game of Thrones** *The Spoils of War:* 4/7. Jaime faces an unexpected situation and Arya returns home. (S7)
11.10 **Game of Thrones** 5/7. Daenerys makes an offer. **12.15** AM 6/7. Arya confronts Sansa. (S7)
1.30 **Euphoria** 6/10. (S1)
2.30 **Das Boot** 2/8. (S1)
3.40 **In Treatment** 36/43. (S1)
4.10 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **The Flash** (S2&3)
11.00 **Fringe** 8-11/22. (S4)
3.00 PM **Hawaii Five-0** 2/25. The team work with a rogue MI6 agent to find a terrorist. **4.00** 3/25. An FBI profiler finds a dead body in her bed. Guest stars Claire Forlani. **5.00** 4/25. Alicia is convinced she has identified the chess-piece killer, but Steve is much more wary. **6.00** 5/25. Adam is finally reunited with Kono when he is released from prison. (S7)

9.00 The Lionesses: A League...

7.00 **Hawaii Five-0** *Ka hale ho'okauweli (House of Horrors):* 6/25. The team investigate the murder of a medium. (S7)

8.00 **A League of Their Own: European Road Trip** 5/6. Previously unseen clips from the duo's continental adventure.

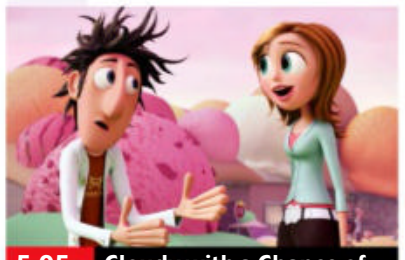
9.00 **The Lionesses: A League of Their Own Special** Jill Scott gives two comedians a footballing masterclass.

10.00 **Warrior** *Chinese Boxing:* 9/10. Bill and Lee question Wang Chao about the recent series of sword killings. (S1)
11.00 **Warrior** 10/10. (S1)
12.00 M'T **Tom Cruise: Impossible Missions** Memorable stunts.
12.55 AM **Last King of the Cross**
2.00 **Magnum P.I** New episode 4/20. Thomas and Higgins search for a CEO. (S5)
3.00 **The Blacklist** New episode 4/22. Crime thriller. (S10)
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.25 **Guinness World Records**
7.00 **Love Bites**
8.00 **Celebrity Dinner Date**
9.00 **Dress to Impress**
12.05 PM **Ninja Warrior UK**
1.05 **In for a Penny**
1.40 FILM **Cats & Dogs** Comedy. (2001, PG, 87min) ★★★★
3.25 FILM **Over the Hedge** Satirical animated comedy. (2006, U, 83min) ★★★★
5.05 FILM **Cloudy with a Chance of Meatballs** Animation. (2009, U, 90min) ★★★★


5.05 Cloudy with a Chance of...

6.50 FILM **The Huntsman: Winter's War** Adventure with Chris Hemsworth. Two warriors attempt to conceal their love as they fight to survive the intentions of the ice Queen Freya. (2016, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: Unseen Bits** New edition More unseen highlights from the show, featuring all the juiciest gossip.

10.05 **Family Guy** 15/16. Peter is inspired by the writing of Stephen King. **10.35** 16/16. Peter has a palm reading. (S7)
11.05 **Family Guy** 10/16. Lois gets a job at Fox News. (S7)
11.30 **American Dad!** (S9&8)
12.25 AM **Don't Hate the Playaz**
1.10 **All American** 4/20. (S4)
2.10 **Totally Bonkers Guinness World Records**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **George and Mildred**
6.35 **Agatha Christie's Poirot**
8.50 FILM **Carry On Loving** Comedy starring Sidney James and Hattie Jacques. (1970, PG, 90min) ★★
10.40 **Rosemary & Thyme** (S2)
12.40 PM **Agatha Christie's Poirot** *Murder on the Links:* A man is murdered on a golf course. **2.55** *Dumb Witness:* A murder ruins Poirot's holiday. **5.05** *The Murder of Roger Ackroyd:* A rich industrialist is killed in a picturesque village.

9.05 Midsomer Murders

7.15 **Midsomer Murders** *Written in the Stars:* Barnaby and Jones investigate the death of an amateur astronomer who was killed by a blow to the head with a meteorite during a total eclipse of the sun.

9.05 **Midsomer Murders** *Death and the Divas:* Barnaby and Jones investigate a series of murders echoing the plots of horror films, giving the detective duo what looks like a disturbing case of life imitating art.

11.05 **The Suspicions of Mr Whicher: The Ties That Bind** 2/2. The private inquiry agent is hired by a West Country landowner to follow his wife as she meets her lover. (S3)
1.05 AM **Scott & Bailey** 3/6. (S1)
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **The Edit** New edition
7.30 **Who Lives in Scotland?** 1/2. A look at the profound impact on Scotland of the movement of people.
8.30 **The River** 6/6. The Floors Stud team prepare for the Tattersalls auctions at Newmarket.
9.00 **Scot Squad** 4/6. Singh and McKirdy pull over a couple of Scotland's celebrated children's entertainers. (S4)
9.30 **The Karen Dunbar Show** Comedy sketches.
10.00 FILM **The Wee Man** Fact-based drama about former Glasgow gangster Paul Ferris. (2013, 18, 106min) ★★
11.40 **Tune** New edition Why West Lothian is a hotbed for new talent.
11.55 PM **to 12.00** M'T **Loop**

Sky Comedy

114/115 112 347 362

8.00 AM **Mr Mayor** (S1)
10.30 **Silicon Valley** (S3)
1.30 PM **Will & Grace** (S3&4)
4.00 **Girls** (S3&4)
6.30 **The Office (US)** 11/26. Dwight and Clark pose as father and son. **7.00** 12/26. Jim loses a major investor. **7.30** 13/26. Dwight finds a part-time replacement for Jim. **8.00** 14/26. Someone vandalises Pam's warehouse mural. **8.30** 15/26. Erin decides she is going to break up with Andy. (S9)
9.00 **Curb Your Enthusiasm** Triple bill, including at: **10.10** 6/10. Larry and Cheryl befriend their neighbours. (S1)
10.45 **And Just Like That...**
11.45 **Vice Principals** (S1)
1.05 AM **Rovers** 3&4/6. (S1)
2.05 **Los Espookys** (S1)
3.15 **Eastbound & Down** (S4)
4.25 **to 5.00** AM **Los Espookys**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **English National Ballet in Paris**
7.15 **Joseph Calleja**
8.30 **Tales of the Unexpected**
11.00 **Hitchcock Presents**
1.00 PM **Sky Arts from Hay**
2.00 **Discovering: Vincent Price**
3.00 **Master Crafters: The Next Generation**
4.00 **Music Icons**
4.30 **Discovering: Jethro Tull**
5.00 **Ringo Starr: Ringo at the Ryman**
7.30 **The Directors**
8.30 NEW **Inside Christopher Nolan's Oppenheimer**
9.00 FILM **Following** Thriller. (1998, b/w, 15) ★★★
10.25 **The Smile: Forget Everything You Knew...**
11.40 **Radiohead**
12.55 AM **Oasis: Live**
2.15 **Blur/Oasis**
3.30 **Music Icons**
4.00 **Isle of Wight Festival**
5.00 **to 6.00** AM **Music Icons**

Pick

151 135 36 144

6.00 AM **Nothing to Declare**
11.00 **Stop, Search, Seize**
12.00 NOON **Highway Cops**
1.00 PM **Motorway Patrol**
2.00 **Big Cat Country**
3.00 **Kenya Wildlife Diaries**
4.00 **Africa's Claws and Jaws**
5.00 **Gangs of Lemur Island**
6.00 **Road Wars**
8.00 **The Force: Manchester** The work of Greater Manchester Police.
9.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
10.00 **SEAL Team** *Never Say Die:* 2/22. Ray thinks he would be better off in another team. (S2)
11.00 **Mark of a Serial Killer**
12.00 M'T **Britain's Most Evil Killers** Documentary.
1.00 AM **The Force: Manchester**
2.00 **Border Security: America's Front Line**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131 119 28 119

7.00 AM **The Real Housewives of Atlanta**
8.00 **James Martin's French Adventure** Double bill.
9.00 **LittleBe**
12.00 NOON **Be Beautiful**
12.15 PM **Unboxed**
12.45 **Little Women: LA**
2.40 **Great Chocolate Showdown** Triple bill.
5.40 **Celebrity Dinner Date**
6.45 FILM **While You Were Sleeping** Romantic comedy starring Sandra Bullock and Bill Pullman. (1995, PG, 103min) ★★★★
9.00 **Botched** Paul Nassif fixes a Lebanese pop star's nose.
10.00 **Ibiza Weekender** David treats the reps to a day at the beach.
11.00 **Totally Unbelievable** A selection of bust-ups between famous people.
12.00 M'T **to 1.00** AM **Bridezillas**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Highway to Heaven**
8.00 **Diagnosis Murder**
11.10 **Danielle Steel's The Ring** Drama.
3.00 PM **Danielle Steel's Heartbeat** Drama.
5.00 **Danielle Steel's Kaleidoscope** Drama.
7.00 **Diagnosis Murder** *Murder by the Busload:* Dr Sloan deals with a bus-load of suspects. **8.00** *A Candidate for Murder:* Mark suspects an eminent senator of killing his own daughter.
9.00 **A Bundle of Trouble: An Aurora Teagarden Mystery** Whodunit.
10.45 **An Aurora Teagarden Mystery: The Julius House** Crime thriller.
12.30 AM **Castle** (S3&4)
2.30 **M*A*S*H** 1/24. (S2)
3.00 **Great! Movie News**
3.10 **Castle** 2/23. (S4)
3.50 **to 4.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

Turn over the page for Comedy Central

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

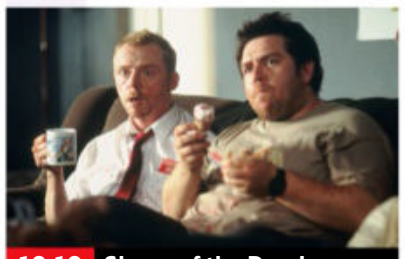
You'll notice some changes to our listings package this week – we've moved a few things around and added more channels.

15 July Saturday

ITV4

120 120 818 118 26 117

6.00 AM **The Best of the 70s**
6.20 **Hornblower**
8.25 **The Big Match Revisited**
9.30 **Racing: The Opening Show**
10.30 **Made in Britain**
11.00 **Tour de France Highlights**
12.00 NOON **LIVE Tour De France** Coverage of stage 14, which consists of a route of 152km from Annemasse to Morzine Les Portes du Soleil.
5.00 PM **Fishing Allstars**
5.30 **River Monsters**
6.00 **Monster Carp**



10.10 Shaun of the Dead

7.00 **Tour de France Highlights** Action from stage 14, a route from Annemasse to Morzine Les Portes du Soleil.
8.00 **FILM Rocky III** Boxing drama sequel starring Sylvester Stallone. Rocky Balboa is enjoying his life as world heavyweight champion until a brutal contender demands a shot at the title. (1982, PG, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.10 **FILM Shaun of the Dead** British horror comedy with Simon Pegg. (2004, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.05 AM **Robson and Jim's Icelandic Fly-Fishing Adventure** Atlantic salmon.
1.10 **Motorsport UK**
2.05 **Auto Mundial**
2.30 **The Protectors**
3.00 **Unwind with ITV**
4.15 **to 6.00** AM **Hornblower**

+1 hour 220 318 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Most Haunted**
7.00 **Merlin** 4/13. (S1)
8.00 **Teleshopping**
11.00 **Merlin** 5–8/13. (S1)
3.00 PM **Blood & Treasure** 12&13/13. Double bill. (S2)
5.00 **Stargate Atlantis** 1/20. Dr Weir and her team venture into the Pegasus Galaxy in search of the Lost City of the Ancients. **6.00** 2/20. Unable to return to Earth, Weir and the team go in search of an alternative fuel source. (S1)

9.00 True Blood

7.00 **Stargate Atlantis** *Hide and Seek:* 3/20. One of the Athosian children unleashes a seemingly harmless entity.
8.00 **Stargate Atlantis** *Thirty-Eight Minutes:* 4/20. The ship is damaged and gets stuck halfway through the Stargate. (S1)
9.00 **True Blood** *Never Let Me Go:* 5/12. Eric and Bill bond over their past, while Jason is rewarded for all his hard work.
10.05 **True Blood** *Hard-Hearted Hannah:* 6/12. Sookie embarks on a dangerous mission to locate Godric. (S2)
11.10 **From** 7/10. Colony House celebrates the one-year anniversary of Fatima's arrival. **12.15** AM 8/10. Jim rallies the town around his idea to build a radio tower. (S1)
1.20 **Wynonna Earp** (S3)
3.10 **The Outpost** 6&7/13. (S2)
5.00 **to 6.00** AM **Star Trek: Voyager**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries**
10.00 **Hudson & Rex** 4–7/16. (S4)
2.00 PM **Death in Paradise** 4/8. A flight attendant is poisoned. **3.00** 5/8. Humphrey investigates when the island's commerce minister is shot. **4.00** 6/8. A birdwatcher is stabbed with his own knife. **5.00** 7/8. Humphrey and his colleagues are forced to spend the night with a killer. (S3) **6.00** 7/8. A radio presenter is murdered live on air. Richard Blackwood guest stars. (S8)

10.00 Death in Paradise

7.00 **Father Brown** *The Darkest Noon:* The gang must save Mallory and Father Brown when they go missing.
8.00 **Inspector George Gently** *Gently in the Blood:* Bacchus and Gently investigate the murder of a woman linked to a consignment of stolen passports, taking them into the world of gang wars within the Arab community.
10.00 **Death in Paradise** *Beyond the Shining Sea – Part One:* 5/8. A festival queen is murdered at an annual celebration. (S8)
11.00 **Death in Paradise** As 2pm.
12.00 M'T **Pretty Hard Cases** 7/10. Sam and Kelly stake out an auto body shop. (S1)
1.00 AM **Hudson & Rex** 4/16. The duo investigate the murder of a college professor. (S4)
2.00 **to 4.00** AM **Evil**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.00 AM **Keeping Up Appearances**
7.45 **Ever Decreasing Circles**
8.20 **Are You Being Served?**
9.00 **Citizen Khan** Double bill.
10.20 **Only Fools and Horses**
12.20 PM **Only Fools and Horses** Ten episodes, including at: **3.40** Del and Rodney mourn Grandad's death. **4.20** Uncle Albert has a fall. **5.00** Rodney joins a band. **5.40** The Trotters dog-sit. **6.20** Del Boy sets Rodney up on a date with a stripper.

9.40 The Royle Family

7.00 **Only Fools and Horses** Del Boy persuades Denzil to lend him his redundancy money. **7.40** Del encounters an old flame from almost 20 years previously. Guest stars Diane Langton. **8.20** The Trotters attend Grandad's funeral.
9.00 **Mrs Brown's Boys** Agnes turns to the internet to find a date.
9.40 **The Royle Family** Denise kicks up a stink and accuses Dave of a heinous crime. **10.20** Jim has diarrhoea, and a constipated Nana issues Denise a warning.
11.00 **Harry Enfield and Chums** The Terminator invades a drama. **11.40** Stan and Pam flash their cash in Spain.
12.20 AM **The Royle Family**
1.40 **Harry Enfield and Chums**
2.55 **to 4.00** AM **The Story of Only Fools and Horses**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Rick Stein's Far Eastern Odyssey** Sri Lanka and Bali.
9.00 **Anthony Bourdain: Parts Unknown** Double bill.
11.00 **Storage Hunters UK**
1.00 PM **Red Dwarf**
2.20 **Mortimer & Whitehouse: Gone Fishing** The duo fish for salmon in the River Tweed. **3.00** Paul and Bob are joined by Feargal Sharkey for a trip to the River Lea.
3.40 **Would I Lie to You?**
5.00 **Red Bull Soapbox Race**

10.20 Mock the Week

7.00 **Red Bull Soapbox Race** The teams take on one of the steepest courses in Red Bull Soapbox Race history in Lithuania.
8.00 **Not Going Out** Lee and Lucy attend a marriage counselling session. **8.40** Lee and Lucy ponder whether to have another child.
9.20 **Not Going Out Christmas Special** Lee buys the perfect present for his children.
10.20 **Mock the Week** With guests Angela Barnes, Ed Gamble, Rhys James and Milton Jones.
11.00 **Mock the Week** With James Acaster and Ellie Taylor.
11.40 **QI XL** With Matt Lucas.
12.20 AM **Have I Got a Bit More News for You**
1.20 **Comedians Giving Lectures**
2.00 **to 4.00** AM **Red Bull Soapbox Race**

+1 hour 211 327 57

7 PM 8 PM 9 PM 10 PM

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **Four in a Bed**
1.00 PM **Four in a Bed**
2.00 **Sun, Sea and Selling Houses** Double bill.
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
8.00 **George Clarke's Old House, New Home** George renovates an arts and crafts-inspired home in Manchester.
9.00 **Murder in the Alps** Documentary exploring a murder that has gone unsolved for 10 years. **10.00** Detectives hunt for a motorcyclist with a distinctive helmet seen near the crime scene. **11.05** Why so much attention was focused on Zaid Al-Hilli.
12.05 AM **Celebrity Gogglebox**
1.05 **Gogglebox**
2.10 **Sky Coppers**
3.15 **24 Hours in A&E**
4.10 **to 4.40** AM **Beat the Chef**

5USA

141 141 120/162 21 129

9.00 AM **Criminals: Caught on Camera**
9.30 **Murder, She Wrote**
2.00 PM **Murder, She Wrote** Seven episodes of the drama, including at: **7.00** *Murder, She Spoke:* A blind record producer is suspected of murder. **8.00** *A Fashionable Way to Die:* Jessica examines a loan shark's death.
9.00 **Criminal Minds** *Lucky:* 8/20. The team pursue a cannibalistic serial killer. **10.00** *Penelope:* 9/20. The unit search for Garcia's attacker. (S3)
11.00 **Law & Order: Special Victims Unit** *Transgender Bridge:* 3/23. A teenager with gender identity issues is attacked. (S17)
12.00 M'T **Law & Order: Special Victims Unit**
12.55 AM **NCIS** 5–7/24. (S12)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128 126 32 131

8.00 AM **Entertainment News**
8.10 **Criminals: Caught on Camera** Crime series.
8.40 **Car Pound Cops: Give Me My Car Back!**
11.45 **FILM Open Range** (2003, 12) ★★★
2.30 PM **FILM Serenity** Sci-fi. (2005, 15) ★★★★
4.40 **FILM Jackie Chan's The Medallion** Comedy. (2003, PG, 88min) ★
6.25 **FILM Pacific Rim** Sci-fi. (2013, 12) ★★★
9.00 **FILM G.I. Joe: Retaliation** Adventure sequel. (2013, 12, 110min) ★★★
11.10 **FILM Kiss the Girls** Thriller. (1997, 18, 115min) ★★★
1.30 AM **Dogs Behaving (Very) Badly**
2.25 **Skin A&E**
3.20 **Criminals: Caught on Camera** Crime series.
3.45 **to 4.00** AM **Entertainment News**

+1 hour 228 326 141

5Action

150 130 33 132

9.00 AM **Criminals: Caught on Camera** Crime series.
9.25 **Trucking Hell**
11.25 **Police Interceptors**
1.25 PM **FILM The Gunfight at Dodge City** Western with Joel McCrea. (1958, PG, 81min) ★★★
3.10 **FILM Cheyenne Autumn** Epic John Ford Western. (1964, U, 170min) ★★★
6.25 **FILM The Dam Busters** Drama starring Richard Todd. (1954, b/w, U, 125min) ★★★★
9.00 **FILM The Magnificent Seven** Western remake starring Denzel Washington. (2016, 12, 132min) ★★★
11.40 **FILM Gun** Crime thriller. (2010, 18, 78min) ★★
1.20 AM **Sinkholes: Buried Underground**
2.20 **Sinkholes: Swallowed Whole** Documentary.
3.20 **Sinkholes: Buried Alive**
4.10 **to 5.00** AM **Fights, Camera, Action!**

W

132 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
5.00 PM **My Family**
6.55 **My Family Christmas Special 2004** Susan attempts to display her culinary 'talents'.
8.00 **My Family Christmas Special 2005** Susan gives Kenzo a third birthday to remember.
9.10 **Gavin & Stacey** Pete and Dawn renew their wedding vows. **9.50** The gang descend on the beach in Barry. **10.25** Bryn and Jason put their big secret to bed, and Smithy has a final chat with Nessa.
11.05 **Kathy Burke's All Woman** Documentary.
12.05 AM **One Born: What Happened Next?**
1.05 **Plastic Surgery Undressed**
2.10 **to 3.00** AM **Tipping Point**

+1 hour 232 325

Drama

143 116 20 158

7.05 AM **Born and Bred**
10.40 **Howards' Way**
1.00 PM **Last of the Summer Wine**
1.35 **Pie in the Sky**
3.40 **Campion** Double bill.
6.00 **The Brokenwood Mysteries** *Fall from Grace:* 1/4. An ex-boyfriend of Kristin's dies while skydiving. (S4)
8.00 **Father Brown** *The Face of Death:* The priest investigates a murder at the Kembleford charity treasure hunt.
9.00 **Strike: The Cuckoo's Calling** 2/3. The private detective learns that Lula was looking for her biological family. (S1)
10.20 **The Split** 5/6. Hannah is confronted with painful questions about her marriage. (S1)
11.40 **Rebus** *Resurrection Men.*
1.15 **to 4.00** AM **Great Expectations**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

5ACTION has moved here

Your GREAT! movie channels are now here

Saturday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Spain.
7.00 **Teleshopping**
8.00 **Antiques Road Trip**
10.00 **Dr Pimple Popper**
1.00 PM **A Place in the Sun**
3.00 **The Yorkshire Auction House** A mysterious 17th century artwork.
4.00 **Helicopter ER** Four editions, including at: **7.00** The team help a man impaled on a spike.
8.00 **Cornwall Air 999** The air ambulance airlifts a driver with leg injuries.
9.00 **The Dead Files** New edition A woman losing control of her temper and personailty.
10.00 **Death Walker with Nick Groff** New edition A vacant funeral home.
11.00 **Ghost Adventures**
12.00 M'T **Haunted Museum**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Antiques Road Trip**

Challenge
145 139 48 146

7.00 AM **The Chase**
9.00 **Wheel of Fortune**
11.00 **Family Fortunes**
1.00 PM **All Star Family Fortunes** Double bill.
2.30 **Strike It Lucky**
4.00 **Tenable** A team of travel company colleagues take part.
5.00 **The Chase** Four editions of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** Choreographer Arlene Phillips, garden designer Diarmuid Gavin, presenter Helen Skelton and comedian Micky Flanagan take on a trivia expert in the quiz.
10.00 **The Chase** General knowledge quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Ten editions of the quiz show that tests contestants' skill at both darts and their general knowledge.
4.00 **to 6.00** AM **The Chase**

GREAT! action
323 426 42 305

6.00 AM FILM **Earthfall** Thriller. (2015, 12) ★★
7.50 **The West Wall**
9.10 FILM **Four Fast Guns** (1960, b/w, U) ★★
10.40 FILM **The Last Days of Frank and Jesse James** Western. (1985, PG, 99min) ★★★★
12.40 PM FILM **Coroner Creek** (1948, PG) ★★
2.35 FILM **Apache Territory** Western. (1958, U) ★★
4.05 FILM **They Rode West** Western. (1954, U) ★★
5.50 FILM **Apache Ambush** Western. (1955, U) ★★
7.15 FILM **Gun Fury** Western. (1953, U) ★★★
9.00 FILM **12 Rounds** Thriller. (2009, 12) ★★
11.10 FILM **Resident Evil: The Final Chapter** Horror. (2016, 15) ★★★
1.20 AM FILM **Hard Corps** (2006, 15) ★★★
3.30 **to 4.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **Lost Letter Mysteries: From Paris with Love** Crime drama. (2015, PG, 90min) ★★
11.00 FILM **Lost Letter Mysteries: Reconcilable Differences** Drama. (2014, PG, 90min) ★★
1.00 PM FILM **Guess Who's Coming to Dinner** Oscar-winning drama. (1967, PG) ★★★★
3.15 FILM **To Sir, with Love** Drama. (1966, PG, 105min) ★★
5.20 FILM **Gandhi** Biopic with Ben Kingsley. (1982, PG, 188min) ★★★★★
9.00 FILM **Roman J Israel, Esq** Drama. (2017, 12, 122min) ★★★
11.30 FILM **6 Below** Thriller. (2017, 15) ★★
1.25 AM FILM **Cash** Thriller. (2010, 15) ★★
3.45 **to 6.00** AM FILM **Running Wild** Adventure. (1995, PG, 98min) ★★

+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM FILM **Love on Trend** Romantic drama. (2021, PG, 85min) ★★
8.00 FILM **Last Bridesmaid** Drama. (2019, PG) ★★
10.00 FILM **Love in the Sun** Drama. (2019, PG) ★★
12.00 NOON FILM **Love Map** Comedy. (2022, PG) ★★
2.00 PM FILM **Irresistible Blueberry Farm** Drama. (2016, PG) ★★
4.00 FILM **A Summer to Remember** Comedy. (2018, PG, 90min) ★★
6.00 FILM **Strawberry Summer** (2012, U) ★★
8.00 FILM **Just for the Summer** Drama. (2020, PG, 90min) ★★
10.00 FILM **Love in Full Swing** (2020, PG) ★★
12.05 AM FILM **Love Afloat** Drama. (2022, PG) ★★
1.35 FILM **Cooking with Love** (2018, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**

+1 hr 320 63 304

Legend
148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 FILM **The Darwin Conspiracy** Thriller. (1999, PG, 90min) ★
9.50 **Legend Lowdown**
10.00 **Walker, Texas Ranger**
3.00 PM FILM **D.O.A.** Film noir thriller. (1950, b/w, PG, 85min) ★★★★★
4.45 FILM **They Made Me a Fugitive** Thriller. (1947, b/w, PG, 104min) ★★
6.45 FILM **Time Without Pity** Thriller. (1957, b/w, PG, 88min) ★★
8.30 **The Twilight Zone** (S1)
9.00 FILM **A Certain Justice** Action adventure. (2014, 15, 93min) ★★
10.55 FILM **Code Name: Geronimo** Drama. (2012, 15, 96min) ★★
12.55 AM FILM **Cell** Sci-fi horror thriller. (2014, 15, 95min) ★★★
2.50 **to 4.30** AM FILM **Discarnate** Horror. (2018, 18, 84min) ★

DMAX
172 169 38 150

6.00 AM **Deadliest Catch**
9.00 **Alaskan Bush People**
12.00 NOON **Life Below Zero**
3.00 PM **Alaska: Homestead Rescue** Four editions.
7.00 **My Cat from Hell** A newlywed couple's cat is causing chaos with its appetite for destruction.
8.00 **The Aquarium** A piranha needs to have surgery on its mouth.
9.00 **The Vet Life** A Rottweiler in labour is rushed into the hospital.
10.00 **World's Tiniest Brothers: Body Bizarre** Two brothers from Peru with stunted growth.
11.00 **Monsters Inside Me**
1.00 AM **Marooned with Ed Stafford**
2.00 **Teleshopping**
4.00 **Insane Pools: Off the Deep End**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369

Food Network
140 190 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **The Pioneer Woman**
1.00 PM **James Martin's Favourite Feasts**
1.30 **James Martin's United Cakes of America**
3.00 **River Cottage Veg** Five editions, including at: **7.00** Hugh Fearnley-Whittingstall meets a vegetarian triathlete.
8.00 **Hairy Bikers: Route 66** The duo embark on a 2,000-mile journey along the American road.
9.00 **Man v Food** New editions Casey Webb explores Lake Tahoe's best eats. **9.30** Casey heads to Las Vegas to tackle a towering sushi creation.
10.00 **Man v Food with Casey Webb**
12.00 M'T **Mystery Diners**
2.00 **to 3.00** AM **Bill's Tasty Weekends**

+1 hour 240 149

Comedy Central
112/113 132 345 360

8.00 AM **Friends** (S3&4)
3.25 PM FILM **Kicking & Screaming** Comedy starring Robert Duvall. (2005, PG, 95min) ★★
5.25 FILM **Semi-Pro** Slapstick sports comedy starring Will Ferrell. (2008, 15, 90min) ★★
7.10 FILM **50 First Dates** Romantic comedy with Adam Sandler and Drew Barrymore. (2004, 12, 99min) ★★★
9.00 FILM **Pain & Gain** Dark fact-based crime comedy starring Mark Wahlberg and Dwayne Johnson. (2013, 15, 124min) ★★★
11.30 **The Roast of Justin Bieber** Comedy.
1.10 AM **Reno 911!** (S6)
2.05 **South Park** (S9)
3.25 **Rhod Gilbert's Growing Pains**
4.10 **to 5.00** AM **Joel & Nish vs the World**

+1 hour 212/213 332

Comedy Cen. Extra
127 154

6.00 AM **Guessable?**
7.00 **Teleshopping**
9.00 **Most Ridiculous: Furry Friends** Comical clips.
9.30 **Most Ridiculous: Idiotic Infants**
10.00 **The Middle** (S5)
3.30 PM **Friends** (S4)
8.00 **Friends** 10/24. Ross embarks on a long-distance relationship. **8.30** 11/24. Phoebe's half-brother makes an announcement. **9.00** 12/24. Phoebe learns the result of her pregnancy test. **9.30** 13/24. Rachel develops a crush. **10.00** 14/24. Chandler visits a strip club. (S4)
10.30 **Friends** 15-19/24. (S4)
1.00 AM **Most Ridiculous**
2.00 **Guessable?**
3.00 **Kristen Schaal Live at The Fillmore**
3.45 **Bob's Burgers** (S11)
4.35 **Ren & Stimpy Show**
5.20 **to 6.00** AM **The Middle**

Blaze
164 174 64 162

6.00 AM **Pawn Stars**
8.00 **Ancient Superstructures**
9.00 **Legends of the Pharaohs** Documentary.
10.00 **The Proof Is Out There**
12.00 NOON **The God Code**
2.00 PM **Ancient Aliens**
7.00 **Ancient Aliens**
8.00 **Book of Secrets with Lance Reddick**
9.00 **Court Cam** A look at some of the wildest moments in courtrooms.
10.00 **What the Killer Did Next** The person behind the disappearance of author Helen Bailey.
11.00 **Crimes That Shook Britain** The story of the Yorkshire Ripper, who killed 13 women during a five-year killing spree.
12.00 M'T **Evil Encounters**
1.00 AM **Encounter: UFO**
2.00 **Mega Disasters**
3.00 **to 6.00** AM **Hardcore Pawn**

+1 hour 81

5SELECT
153 138 46 133

9.00 AM **GPs: Behind Closed Doors**
12.00 NOON **Great British Ships** The *Titanic*.
1.00 PM **The HMS Endeavour: Britain's Greatest Ships**
2.00 **Queen Mary: Great British Royal Ships**
3.00 **Britain's Greatest Bridges** Clifton.
3.15 **Air Crash: Disaster Revealed** Six editions.
9.00 **Tyrant: Rise of Adolf Hitler** Hitler makes his intention to invade Czechoslovakia known.
10.00 **The Blitz: Britain on Fire** The importance of morale during and after the Blitz.
11.00 **World War II in Colour**
12.00 M'T **Digging Up Britain's Past**
2.00 AM **Ian Hislop's Trains That Changed the World** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **Escape to the Country** Four editions.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **A Place in the Sun** Five editions featuring expert advice on buying a second home abroad.
8.00 **Escape to the Country** A couple who have £460,000 want to relocate to Cornwall.
9.00 **Your Home Made Perfect** Architects compete to remodel a Wiltshire home.
10.00 **Escape to the Country** A new home and business in Devon. **11.00** A couple search for their first home together in North Wales. **12.00** M'T A couple want a home in Norfolk.
1.00 AM **Rock the Block**
2.00 **Escape to the Country**
3.00 **to 4.00** AM **A Place in the Sun**

+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
12.00 NOON **Something's Killing Me** Double bill.
2.00 PM **Medical Detectives** A computer bug cripples a thriving company. **2.30** Investigating the deaths of two agents in a routine motorcade. **3.00** A train crash in Alabama in 1993. **3.30** An inferno at King's Cross station. **4.00** A discarded sleeping bag contains traces of a murder. **4.30** A woman's apparent accidental death looks suspicious.
5.00 **Judge Judy** Back-to-back editions of real-life small-claims cases with judge Judy Sheindlin.
12.30 AM **World's Most Unexplained...**
1.00 **The Day I Should Have Died** Triple bill.
4.00 **Something's Killing Me**
5.30 **to 6.00** AM **Judge Judy**

TLC
133 133 828 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
9.00 **Say Yes to the... UK**
10.00 **Flip or Flop**
11.00 **Rock the Block**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My 600lb Life**
3.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **Sister Wives**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **1000lb Sisters**
9.00 **Half Body Teen**
10.00 **My Baby Has Two Heads: Body Bizarre**
11.00 **My Strange Addiction**
12.00 M'T **Body Bizarre**
1.00 AM **My Strange Addiction** Double bill.
2.00 **My New Face: Body Bizarre**
3.00 **My Strange Addiction**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hour 233 365

HorrorXtra
317 171 69 138

8.00 AM FILM **Alien Siege** Action adventure. (2018, 12, 90min) ★★
10.00 FILM **Earth's Final Hours** Sci-fi thriller. (2011, 12, 90min) ★★
12.00 NOON FILM **Super Cyclone** Disaster thriller. (2012, 12, 90min) ★
2.00 PM FILM **Jetstream** Disaster thriller. (2012, 12, 90min) ★★
4.00 **Mutant X** Five episodes of the series, including at: **7.00** *Dream Lover:* 19/22. A cloning project is investigated. **8.00** *The Prophecy:* 20/22. The team fear a dire prophecy. (S3)
9.00 FILM **Iron Sky: The Coming Race** Fantasy. (2019, 15, 90min) ★
10.55 FILM **Can't Come Out to Play** Thriller. (2013, 15, 100min) ★★
1.00 **to 3.00** AM FILM **Iron Sky: The Coming Race**

+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Dragons: Rescue Riders**
9.05 **Four Weddings**
11.00 **Supergirl** (S3)
1.00 PM **Supergirl** Eight episodes, including at: **7.00** *Crisis on Earth-X:* 8/23. First in a four-part crossover with *The Flash*, *Arrow* and *DC's Legends of Tomorrow*. **8.00** *Reign:* 9/23. Kara traces the origins of a mysterious symbol. (S3)
9.00 **Magnum P.I.** *Number One with a Bullet:* 3/20. Katsumoto provides security for a singer. (S5)
10.00 **The Blacklist** *The Four Guns (No199):* 3/22. Red sends a dangerous gift to an old friend in custody. (S10)
11.00 **Last King of the Cross**
12.10 AM **The Lionesses: A League of Their Own**
1.10 **A League of Their Own**
4.00 **to 6.00** AM **Four Weddings**

E!
159 159 835 160

7.00 AM **Hollywood Medium with Tyler Henry**
12.00 NOON **Kourtney & Kim Take New York**
2.00 PM **Kourtney & Kim Take New York**
5.00 **Botched** A woman with a disfigured face. **6.00** A filler-obsessed Australian wants to increase her breast size. **7.00** Terry and Paul meet a man with a shark bite-sized hole on his hip. **8.00** An avid hiker hopes to fix her mountainous nose and her dating life. **9.00** A perfectionist demands an ideal nose. **10.00** A young man has a bicep implant that wants to flip. **11.00** A rock-n-roller with a droopy eye wants to get back on stage.
12.00 M'T **Hollywood Cycle**
2.00 AM **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

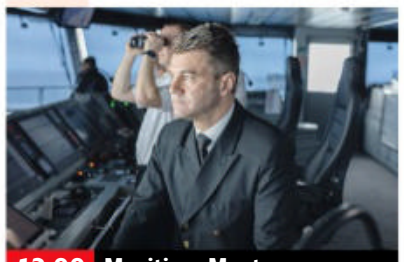
HorrorXtra is now found here

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 177 320 325

6.00 AM **Expedition Unknown**
12.00 NOON **Maritime Masters: Expedition Antarctica** Ten editions, including at: **4.00** PM Brendon uses glacier ice to make an Antarctica-themed cocktail. **4.30** The crew swim in icy waters and unveil a new vessel.
5.00 **Blowing Up History** Experts examine Tintagel Castle.
6.00 **Gold Rush: Mine Rescue with Freddy & Juan** Freddy and Juan help father-and-son miners on the brink of failure.


12.00 Maritime Masters

7.00 **Deadliest Catch** The crab fishermen brave the treacherous waves of the Bering Sea in search of valuable king crabs.
8.00 **Tracked** The seven remaining teams start to struggle in the extreme bush of Fiordland, and cracks start to emerge.
9.00 **Hoffman Family Gold** Todd Hoffman brings a wash plant and crew to his Alaskan claim to mine 1,000 ounces of gold.
10.00 **Expedition Unknown** Josh heads to the Kingdom of Kush to dive the flooded pyramid tomb of a king.
11.00 **Scrap Kings** A double decker bus is scrapped, while a fairground ride is saved.
12.00 M'T **Deadliest Catch** When Sig and Mandy disagree, Clark is caught in the middle.
1.00 AM **Deadliest Catch**
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225 377

Animal Planet

162 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Into the Shark Bite**
3.00 **Return to the Isle of Jaws**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** Tigger the cat is monitored for unusual eating habits.
6.00 **Extinct or Alive** Forrest Galante searches for the Dracula monkey in Indonesia.

8.00 Swimming with Monsters

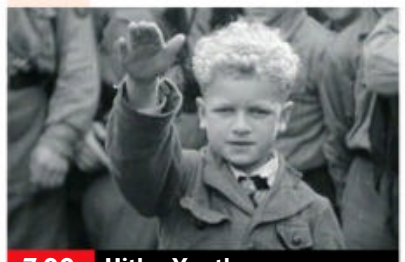
7.00 **How Do Animals Do That?** Birds that fly as high as a passenger jet. **7.30** How homing pigeons return home.
8.00 **Swimming with Monsters with Steve Backshall** The naturalist hopes to encounter the great white shark.
9.00 **Rugged Justice** The WDFW police officers ensure the safety of orca whales, a mother hen and her ducklings.
10.00 **Alaska: The Last Frontier** Tempers flare as Otto, Eivin, and Levi move an old workshop cabin to Otto's property.
11.00 **Intruders** A mother battles to protect her special-needs son from venomous snakes.
12.00 M'T **Monsters Inside Me** A baby is infected in utero.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 378

Nat Geographic

129 129 825 183

8.00 AM **Bid & Destroy**
8.30 **Made in a Day**
9.00 **WW2: Hell Under the Sea**
12.00 NOON **Nazi Megastructures**
2.00 PM **World War II: Secrets From Above** Double bill.
4.00 **Apocalypse: The Rise of Hitler** Part one of two. The dictator's rise to power. **5.00** Part two of two. Examining the run-up to Hitler becoming chancellor.
6.00 **Nazi Sunken Sub** The unexplained disappearance of a Nazi submarine in 1945.


7.00 Hitler Youth

7.00 **Hitler Youth** A look at the story of the Nazi youth organisation, which was used to indoctrinate boys in the 1930s.
8.00 **World War II: The Apocalypse** The story of World War Two, featuring haunting images of Jewish persecution.
9.00 **World War II: The Apocalypse** The defeat of France, featuring footage of German soldiers celebrating.
10.00 **World War II: The Apocalypse** Footage reveals how Jewish and Polish prisoners were forced into slave labour.
11.00 **World War II: The Apocalypse**
1.00 **7 Toughest Days** New edition
2.00 **Bid & Destroy**
2.30 **Money Meltdown**
2.55 **Lords of War**
3.20 **Trials of the Wild**
3.45 **America's Wild Spaces**
4.10 **Trials of the Wild**
4.35 **to 5.00** AM **Food Factory**

+1 hour 229 383

Sky History

123 123 821 133 353 368

6.00 AM **American Pickers**
7.00 **Pawn Stars** Double bill.
8.00 **Forged in Fire**
9.00 **Swamp People**
11.00 **UFOs Declassified**
2.00 PM **Storage Wars** Six editions, including at: **4.30** Danielle learns about the true meaning of trash.
5.00 **Ancient Murders Unearthed** An 800-year-old partial skeleton is analysed.
6.00 **Cursed Treasures** The origins of the curses surrounding Sutton Hoo, Lyuba and others.

9.00 D-Day: The Light of Dawn

7.00 **Ancient Aliens** Theorists investigate a depiction of a stegosaurus found at Angkor Wat in Cambodia.
8.00 **Ancient Aliens** A team of scientists examine the remains of the Puma Punku temple in Bolivia.
9.00 **D-Day: The Light of Dawn** Two-part documentary made entirely with remastered and colourised archive footage, tracing Operation Overlord from its genesis to the Battle of Normandy.
11.00 **Ancient Superstructures** Examining the incredible secrets behind the rock city of Petra in the Jordanian desert.
12.00 M'T **Salvage Kings** A ghostly salvage in an abandoned hospital brings unusual finds.
1.00 AM **Salvage Kings** Triple bill.
4.00 **to 6.00** AM **Ancient Aliens**

+1 hour 223 333

Yesterday

155 155 846 129 27 159

6.10 AM **Nazi Hunters**
8.00 **Bangers & Cash**
1.00 PM **Abandoned Engineering** Triple bill, including at: **3.00** The vast monolithic structures that dominate the British island of Guernsey.
4.00 **Great American Railroad Journeys** Michael Portillo travels across New York state, then on to Niagara Falls. **5.00** A homage to *Rocky,* and visiting a Civil War battlefield. **6.00** Michael Portillo reaches the Mason-Dixon line.

10.00 Porridge

7.00 **Great American Railroad Journeys** Michael Portillo arrives in Washington, DC, America's centre of political power. **7 PM**
8.00 **Great American Railroad Journeys** Michael Portillo explores Virginia, and tries bottling bourbon corn whiskey. **8 PM**
9.00 **Great American Railroad Journeys** Michael Portillo travels from St Louis to Jefferson City, Missouri. **9 PM**
10.00 **Porridge** Fletch tries to shirk his duties and hatches a crafty scheme. **10.40** Fletcher takes on the role of agony aunt. **10 PM**
11.20 **Porridge** The inmates are horrified to discover there is a thief at large in the prison.
12.00 M'T **Bangers & Cash** A red 1957 Austin Healey.
1.00 AM **Chris Tarrant: Extreme Railways** Documentary.
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Quest

144 144 834 137 12 172

6.00 AM **HMS Ark Royal**
7.00 **Bennetts British Superbikes**
8.00 **Supercar Showroom**
9.00 **Wheeler Dealers**
2.00 PM FILM **Charro!** Western starring Elvis Presley and Ina Balin. (1969, U, 98min) ★
4.30 **Vintage Voltage**
6.30 **Supercar Showroom**
7.30 **Salvage Hunters: Classic Cars** Restoring a Peugeot 205.
8.30 **Salvage Hunters** Drew and the team set up a new shop.
9.00 **The Repair Shop** Experts restore family heirlooms.
10.00 **The Hotel Inspector** Alex Polizzi heads to the Dukes in the village of Heath and Reach.
11.00 FILM **Dumb and Dumberer: When Harry Met Lloyd** Comedy prequel starring Eric Christian Olsen and Eugene Levy. (2003, 12, 85min) ★
1.00 AM **Street Cops UK**
2.00 **Inside the Heist**
3.00 **Hoffman Family Gold**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
9.00 **Hoarding: Buried Alive**
11.00 **Forensic Detectives**
1.00 PM **Disappeared**
3.00 **Curvy Brides Boutique**
5.00 **Say Yes to the Dress: Lancashire** Double bill.
7.00 **Long Lost Family** A man hoping to find his birth mother.
8.00 **The Murder Tapes** The disappearance of a divorced mother-of-four.
9.00 NEW **What Happened To Valentino Dixon?** A young man is gunned down in his prime in front of scores of witnesses.
10.00 NEW **Homicide Hunter: The Man With No Face** An investigation into the brutal rape and murder of a young mother goes cold.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy** Back-to-back editions of real-life cases.
5.00 PM **48 Hours** An anonymous letter writer threatens to expose a town's rumoured secret. **6.00** The Daybell children claim their father was framed for the murders of JJ and Tylee.
7.00 **Medical Detectives** The case of a missing girl is investigated. **7.30** Tracking down the killer of a husband and wife. **8.00** The murder of a hairdresser 10 years previously. **8.30** Investigating the deaths of two outspoken women.
9.00 **Cold Justice** Kelly and Aaron Sam head to Lake Charles, Louisiana to investigate the murder of a young man. **10.00** In 2000, a young mother was abducted from a parking lot and executed in a nearby field.
11.00 **Wrongly Accused**
1.00 AM **Medical Detectives**
3.00 **48 Hours** Double bill.
4.30 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122 122 820 121 349 364

6.00 AM **Brit Cops: Law & Disorder**
7.00 **Highway Patrol**
11.00 **UK Border Force**
12.00 NOON **Murders That Shocked the Nation: Moors Murders**
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
6.00 **What the Killer Did Next**
7.00 **Killer in My Village** The murder of Connor Lyons, whose body was found in the River Hull.
8.00 **How I Caught the Killer** A 15-year-old murdered after ending her relationship.
9.00 **Murdered at First Sight** A 27-year-old is killed while trying to defend a stranger.
10.00 **Dating Death** Rodney Alcala, who was infamous for his TV dating show appearance in the midst of his murder spree.
12.00 M'T **Dating Death**
1.00 AM **World's Most Evil Killers**
2.00 **Britain's Most Evil Killers**
3.00 **Road Wars** Vehicle crime.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.55 **Inside the Tower of London**
1.00 PM **Beautiful Serengeti**
1.30 **Hadrian** As 6.45pm.
2.50 **Inside the Tower of London** Focusing on the Beefeaters and the origins of the tower. **3.50** The latest recruit to join the team of beefeaters faces some testing exams. **4.45** Cameras follow a new recruit for the Beefeaters. **5.40** Cameras follow the structure's Raven Master.
6.45 **Hadrian** Dan Snow assesses the life of the Roman emperor.
8.00 **Project Nazi** Documentary exploring how Germans were seduced into supporting Nazism. **9.10** Examining the building of Germany's highway system in the 1930s and 1940s. **10.20** A look at how Hitler planned to steal raw materials from various other countries.
11.30 **Beautiful Serengeti**
12.15 AM **Hadrian** As 6.45pm.
1.30 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

SATURDAY

Sky Documentaries

121 121 819 188 352 367

6.00 AM **Discovering: Bill Murray**
7.00 **Discovering: Clint Eastwood**
8.00 **Say Hey, Willie Mays!**
10.00 **Pushing Boundaries**
11.15 **The Loneliest Whale: The Search for 52** Documentary.
1.10 PM **Hitsville: The Making of Motown** Rare performances.
3.20 FILM **The Beatles: Eight Days a Week – The Touring Years** Documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
5.30 **The Directors**
6.25 **To End All War: Oppenheimer and the Atomic Bomb**
8.10 **Brillo Box (3¢ off)**
9.00 **The Good Fight Club** Series finale The pressure is on at the end of the season.
10.00 **Bruno v Tyson**
11.50 **Kings of Coke**
1.35 AM **My Icon: Johnny Nelson**
2.00 NEW **Right to Fight**
3.50 **My Icon: Anthony Joshua**
4.00 **to 6.00** AM FILM **After Truth: Disinformation and the Cost of Fake News** Documentary. (2020, 12, 95min) ★★★★

Sky Nature

124 124 822 189 354 369

6.00 AM **Wildlife Rescue New Zealand** Triple bill.
9.00 **The Great Elephant Tale**
10.00 **Big Cats: An Amazing Animal Family** Double bill.
12.00 NOON **In for the Kill**
1.00 PM **The Forgotten Forests of Malaysia** The wildlife.
2.00 **Beasts of the Big Blue**
3.00 **David Attenborough's Wild City** From Singapore.
5.00 **Shadowlands** Triple bill of the documentary, including at: **7.00** Following young whales, dolphins and seals as they strike out on their own.
8.00 **Predators** A female puma teaches its cubs how to survive.
9.00 **The Predator's Playbook** The features that allow predators to survive in often hostile environments.
10.00 **Extreme Snakes: Australia** The most dangerous snakes.
11.00 **Extreme Snakes: Africa**
12.00 M'T **Predators** As 8.00pm.
1.00 AM **The Predator's Playbook**
2.00 **to 6.00** AM **Mysteries of the Mekong**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
9.00 **Salvage Kings**
10.00 **Strangest Things**
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Combat Ships**
2.00 **Combat Trains**
3.00 **Salvage Kings**
4.00 **The Jack King Affair**
5.00 **Curse of the Ancients**
6.00 **WWII Turning Points**
7.00 **WWII's Most Daring Raids** Exploring the efforts of Norwegian resistance fighters.
8.00 **Alien Files: Unsealed** Experts question whether the Egyptians received extra-terrestial help.
9.00 **Strange Evidence** An underwater drone on a routine inspection films a mystifying monster from the deep.
10.00 **Instruments of Death** A look at the War of the Roses.
11.00 **History's Greatest Mysteries**
12.00 M'T **8 Days That Made Rome**
1.00 AM **SOS: Stories of Survival**
2.00 **Ultimate Soldier Challenge**
4.00 **The Jack King Affair**
5.00 **to 6.00** AM **Strange Evidence**

Crime+Investigation

156 156 837 131

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam**
12.00 NOON **Secrets of the Morgue**
4.00 PM **Homicide Hunter**
7.00 **Killer Town** Investigating the murder of a retired wrestler.
8.00 **The Real Murders of Atlanta** The body of a police lieutenant is found floating in a lake.
9.00 **The Real Murders of Orange County** A young couple are brutally attacked in an upscale Placentia neighbourhood.
10.00 **Meet, Marry, Murder** Exploring a series of homicide cases.
11.00 **Sex, Lies and Murder** A man returns home to find his wife has suffered a fatal attack. **12.00** M'T Police follow a tip-off to a family home, where they make a grisly discovery.
1.00 AM **I Killed My BFF**
2.00 **Fear Thy Roommate**
3.00 **Green Eyed Killers**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 331

WILD

165 165 841 182

8.00 AM **America's Funniest Home Videos: Animal Edition**
9.00 **Cesar Millan: Better Human Better Dog** Double bill.
11.00 **Yukon Vet**
12.00 NOON **Snakes in the City**
2.00 PM **Animal Fight Club**
4.00 **Leopard Kingdom**
5.00 **Madagascar's Weirdest**
7.00 **Cesar Millan: Better Human Better Dog** Cesar works with a couple whose grief is causing their dog to bite. **8.00** Cesar works with an overprotective Rhodesian Ridgeback named Simba.
9.00 **The Incredible Dr Pol** Nothing can brighten up Dr Pol's day better than babies.
10.00 **When Predators Attack** Exploring how crocodiles have remained dominant predators since prehistoric times.
11.00 **Snakes in the City** Simon and Siouxsie race to find two deadly snakes in a child's bedroom.
12.00 M'T **When Sharks Attack**
2.00 AM **Monster Fish**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Shed and Buried**
9.00 **Salvage Hunters: Restorers**
12.00 NOON **Combat Dealers**
3.00 PM **Greatest Events of World War II** Double bill of editions.
5.00 **Combat Dealers**
7.00 **Combat Dealers: Reloaded** Exploring Army Paratrooopers' vital role in defeating the Germans in World War Two.
8.00 **Lost City of the Desert** New technologies resurrect the ancient city of Petra and reveal why it was abandoned.
9.00 **Mystery of Egypt's Mega Temple** Human remains tell the story of a new religion that changed Egypt.
10.00 **Greatest Events of World War II** The Battle of Stalingrad. **11.00** A look back at the story of the D-Day invasion.
12.00 M'T **Combat Dealers**
2.00 AM **Combat Dealers: Reloaded** As 7.00pm.
3.00 **to 5.00** AM **Salvage Hunters: The Restorers**

+1 hour 277 381

Eden

166 176

9.00 AM **Expedition with Steve Backshall** Five editions.
2.00 PM **China's 10 Deadliest Snakes with Nigel Marven**
3.00 **Expedition with Steve Backshall** Five editions.
8.00 **China's 10 Deadliest Snakes with Nigel Marven** The naturalist travels for a closer look at the country's snakes.
9.00 **Expedition with Steve Backshall** From the Moukalaba Doudou National Park, Gabon. **10.00** Steve teams up with shark scientist Mauricio Hoyos. **11.00** Steve takes on four entirely new adventures. **12.00** M'T The naturalist goes into uncharted territory. **1.00** AM Steve leads an expedition in the Jebel Akhdar.
2.00 **China's 10 Deadliest Snakes with Nigel Marven** As 8.00pm.
3.00 **Expedition with Steve Backshall** Triple bill.
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **True Crime with Aphrodite Jones**
7.00 **Teleshopping**
8.00 **Forensic Detectives**
1.00 PM **Forensic Detectives**
2.00 **Hometown Homicide**
3.00 **Homicide City: Charlotte**
4.00 **Living a Nightmare**
5.00 **Diabolical: Deadly Love**
6.00 **Murder in the Heartland**
7.00 **Disappeared** Martin Roberts.
8.00 **People Magazine Investigates** The murder of two school girls. **9.00** Authorities receive a call from a woman claiming to have shot her husband.
10.00 **Web of Lies** How a model scout's advances had devastating consequences. **11.00** A manipulative online predator wreaks havoc on high school boys in a California town.
12.00 M'T **People Magazine Investigates** Documentary.
1.00 AM **Nightmare Next Door**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Railroad Alaska**
9.00 **How It's Made**
12.00 NOON **Scrap Kings**
3.00 PM **Demolition Down Under**
4.00 **World's Top 5**
5.00 **Fifth Gear** Triple bill.
8.00 **Scrap Kings** One of Britain's veteran scrap kings ploughs his profits into racing cars. **9.00** A wooden boat is pulled from the Thames, but whether it will be restored or recycled remains to be seen. **10.00** In Blackpool, a pub is pulled down, and in Portsmouth the boat breakers break up an unused and unloved yacht.
11.00 **Destroyed in Seconds** Severe flooding topples a hotel. **11.30** Two cranes collapse at the same construction site. **12.00** M'T Diners are hit by a tornado, and a bus crashes. **12.30** AM A motorbike crashes into a crowd, and nine gallons of chemicals burst into flames.
1.00 **The Detonators**
2.00 **to 5.00** AM **Misfit Garage**

+1 hour 261/284

Films

HorrorXtra and GREAT! movie

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Seriously Red** Comedy. (2022, 15, 104min) ★★★
8.15 **The Lost King** Comedy. (2022, 12, 108min) ★★★
10.05 **Don't Worry Darling** (2022)
12.10 PM **Breaking Point** (2023)
1.55 **Black Adam** As 8.00pm.
4.10 **Don't Worry Darling** Thriller starring Florence Pugh. (2022, 15, 123min) ★★★
6.15 **Breaking Point** Drama with Karam Singh and Kelvin Clarke. (2023, 12, 102min) ★★★

10.25 Armageddon Time

8.00 **Black Adam** Fantasy adventure starring Dwayne Johnson. Centuries after he was bestowed with the powers of Egyptian gods, a former slave is freed from his earthly tomb. With Aldis Hodge. (2022, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

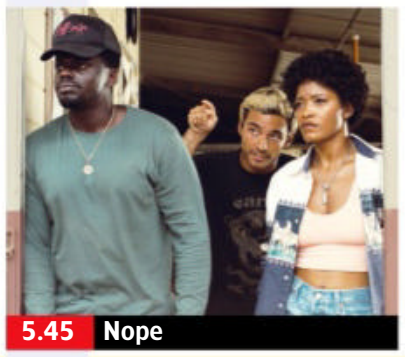
10.25 PREMIERE **Armageddon Time** Drama with Banks Repeta. A friendship between two students is tested by prejudices in 1980s New York. *See review, page 23.* (2022, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM **Emily** Period drama. (2022, 15, 130min) ★★★★
3.00 **The Integrity of Joseph Chambers** Survival drama. (2022, 15, 96min) ★★★
4.50 **to 6.00** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.05 AM **Finding You** Drama. (2021, PG, 119min) ★★
8.10 **The Colour Room** Drama. (2021, PG, 109min) ★★★★
10.10 **Antebellum** (2019, 15) ★★
12.10 PM **Four Brothers** Thriller. (2005, 15, 109min) ★★★
2.00 **Old Henry** Western thriller. (2021, 15, 99min) ★★★★
3.45 **Terminator Salvation** Thriller sequel. (2009, 12) ★★★
5.45 **Nope** Sci-fi horror thriller. (2022, 15, 130min) ★★★★


5.45 Nope

8.00 **Bullet Train** Comedy thriller starring Brad Pitt. Five assassins aboard a swiftly moving train discover their missions have something in common. With Aaron Taylor-Johnson. (2022, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **2 Guns** Action comedy thriller starring Denzel Washington and Mark Wahlberg. A pair of double-dealing crooks join forces for real after stealing $43million from the CIA. (2013, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **King Kong** Remake of the classic monster movie. (2005, 12, 187min) ★★★★
3.15 AM **The Black Phone** Horror. (2022, 15, 103min) ★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.20 AM **Lassie** As 2.45am.
9.10 **A Good Person** Drama. (2022, 15, 129min) ★★★★
11.25 **The Social Network** Oscar-winning drama. (2010, 12, 120min) ★★★★★
1.30 PM **Spotlight** Oscar-winning drama starring Mark Ruffalo. (2015, 15, 129min) ★★★★★
3.45 **The Impossible** Disaster movie. (2012, 12, 114min) ★★★★
5.45 **Dreamgirls** Musical with Jamie Foxx and Beyoncé Knowles. (2006, 12, 130min) ★★★★
8.00 **Selma** Drama starring David Oyelowo. In 1965, Dr Martin Luther King Jr plans a peaceful march across Alabama which will change history. (2014, 12, 128min) ★★★★★
10.15 **Straight Outta Compton** Biopic of hip-hop group NWA with O'Shea Jackson Jr, Corey Hawkins and Aldis Hodge. (2015, 15, 147min) ★★★
12.55 AM **The Angels' Share** Ken Loach's crime caper comedy. (2012, 15, 96min) ★★★★
2.45 **Lassie** Family adventure. (2005, PG, 100min) ★★★★
4.30 **to 6.45** AM **A Journal for Jordan** Fact-based drama. (2021, 12, 131min) ★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

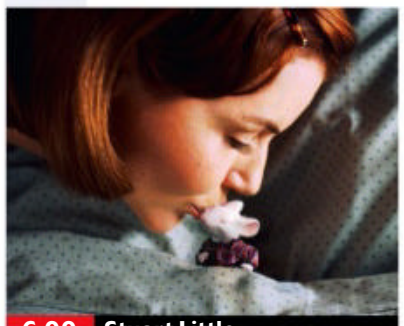
6.15 AM **Bodies Bodies Bodies** Horror. (2022, 15) ★★★★
8.05 **Divergent: Insurgent** Adventure sequel. (2015, 12, 116min) ★★
10.05 **The Host** Romantic thriller. (2013, 12, 127min) ★★★
12.15 PM **Cloverfield** Offbeat disaster movie starring Lizzy Caplan. (2007, 15, 81min) ★★★
1.55 **Cabin in the Woods** Thriller. (2011, 15, 91min) ★★★★
3.35 **The Matrix: Resurrections** Sci-fi action fantasy sequel. (2021, 15, 148min) ★★★
6.05 **Super 8** Mystery starring Joel Courtney and Elle Fanning. (2011, 12, 111min) ★★★★
8.00 **Ex Machina** Sci-fi drama starring Domhnall Gleeson, Alicia Vikander and Oscar Isaac. (2014, 15, 104min) ★★★★
10.00 **Watchmen** Sci-fi action thriller starring Malin Akerman, Billy Crudup and Matthew Goode. (2009, 18, 162min) ★★★★
12.45 AM **Halloween Kills** Horror sequel with Jamie Lee Curtis. (2021, 18, 105min) ★★★★
2.45 **Crimes of the Future** Sci-fi horror with Viggo Mortensen. (2022, 18, 107min) ★★★
4.45 **to 6.20** AM **Monstrous** Horror. (2022, 15, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

7.05 AM **Alvin and the Chipmunks: The Road Chip**
8.40 **Annie** (2014, PG) ★★★
10.40 **Despicable Me 2** Animated sequel. (2013, U) ★★★
12.20 PM **Charlie and the Chocolate Factory** Fantasy. (2005, PG, 115min) ★★★★
2.20 **MouseHunt** (1997) ★★★★
4.00 **Lyle, Lyle, Crocodile** Musical. (2022, PG, 106min) ★★★
6.00 **Stuart Little** Adventure. (1999, U, 84min) ★★★★★


6.00 Stuart Little

7.40 **Ghostbusters: Afterlife** Comedy starring Paul Rudd. A single mum and her kids discover their connection to the original Ghostbusters and the legacy their grandfather left behind. (2021, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Smurfs 2** Children's adventure mixing live action and animation, starring Hank Azaria and Neil Patrick Harris. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Tiger Rising** Drama starring Dennis Quaid, Queen Latifah and Christian Convery. (2022, PG, 102min) ★★★
1.40 AM **Alvin and the Chipmunks: The Road Chip** Comedy sequel with Jason Lee and Kimberly Williams-Paisley. (2015, U, 90min) ★★
3.20 **MouseHunt** As 2.20pm.
5.10 **to 7.10** AM **A Monster Calls** Drama with Lewis MacDougall. (2016, 12, 108min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.20 AM **Fast & Furious Greatest Moments: Refuelled**
7.10 **The Batman** Crime thriller. (2021, 15, 176min) ★★★★
10.05 **Batman Returns** Adventure sequel. (1992, 12) ★★★★
12.15 PM **Morbius** (2022, 12) ★★
2.00 **Jackie Chan's The Tuxedo** Comedy. (2002, 12) ★★
3.40 **Batman Begins** Dark thriller. (2005, 12, 140min) ★★★★★
6.00 **Uncharted** Action adventure. (2022, 12, 116min) ★★★

10.05 The Fast and the Furious...

8.00 **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. Detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Núñez. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Fast and the Furious: Tokyo Drift** Thriller starring Lucas Black and Bow Wow. After relocating to Japan, an American teenager gets involved in the local car racing scene. With Nathalie Kelley. (2006, 12, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **13 Hours: The Secret Soldiers of Benghazi** Fact-based action thriller. (2016, 15, 144min) ★★★
2.30 AM **Jackie Chan's The Tuxedo** As shown at 2.00pm.
4.20 **to 6.45** AM **Batman Begins**

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Hot Rod** As 1.15am.
7.40 **Gambit** As shown at 2.50am.
9.20 **Army of One** Comedy. (2016, 15, 92min) ★★
11.05 **Last Holiday** As 11.20pm.
1.00 PM **Delivery Man** Comedy. (2013, 12, 102min) ★★★
2.50 **Zoolander** Comedy drama. (2001, 12, 89min) ★★★★
4.25 **Zoolander 2** Comedy sequel. (2016, 12, 102min) ★★★
6.10 **Kinky Boots** Comedy. (2005, 12, 107min) ★★★★

6.10 Kinky Boots

8.00 **Bad Neighbours** Comedy starring Seth Rogen, Zac Efron and Rose Byrne. A suburban couple enter into a game of one-upmanship with the student household living next door. (2014, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

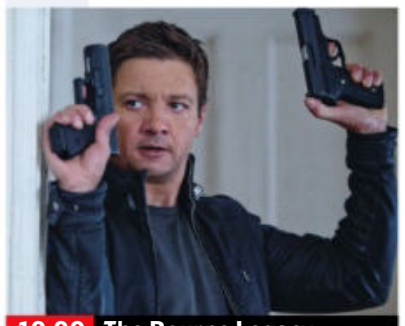
9.40 **Bad Neighbours 2** Comedy sequel starring Seth Rogen and Rose Byrne. A couple seek the aid of a former rival. (2016, 15, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Last Holiday** Comedy starring Queen Latifah and LL Cool J. (2006, 12, 112min) ★★★
1.15 AM **Hot Rod** Comedy starring Andy Samberg and Isla Fisher. (2007, 12, 84min) ★★★★
2.50 **Gambit** Farcical heist comedy starring Colin Firth, Cameron Diaz and Alan Rickman. (2012, 12, 85min) ★★★
4.25 **to 6.15** AM **Blithe Spirit** Comedy starring Isla Fisher. (2020, 12, 95min) ★★★

Sky Cinema Spies

309 309 409 509 523

6.00 AM **Sky Cinema Preview**
6.30 **Carry On Spying** Comedy. (1964, b/w, U, 84min) ★★★★
8.15 **The Spy Next Door** (2010)
10.05 **RED** As shown at 8.00pm.
12.05 PM **Bourne Ultimatum** Thriller sequel. (2007, 12) ★★★★
2.05 **Men in Black: International** Sci-fi fantasy comedy sequel. (2019, 12, 110min) ★★★
4.05 **xXx** Thriller. (2002, 12) ★★
6.15 **xXx: Next Level** Thriller sequel. (2005, 12, 97min) ★★


10.00 The Bourne Legacy

8.00 **RED** Comedy thriller starring Bruce Willis, Morgan Freeman and John Malkovich. A retired CIA agent sets out to re-assemble his former team to find out why he is being targeted for assassination. (2010, 12, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bourne Legacy** Thriller sequel starring Jeremy Renner and Rachel Weisz. A secret agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The International** Crime thriller starring Clive Owen. (2009, 15, 113min) ★★★★
2.20 **The Spy Next Door** Comedy. (2010, PG, 94min) ★★
4.00 **to 6.10** AM **Hunt** South Korean thriller. Subtitled. (2022, 15, 125min) ★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Hotel for Dogs** Family comedy with Lisa Kudrow. (2009, U, 95min) ★★★
1.05 PM **Annie** Film version of the Broadway musical with Albert Finney. (1982, U, 128min) ★★
3.50 **Now You See Me 2** Thriller sequel starring Mark Ruffalo. (2016, 12, 124min) ★★★
6.25 **Stardust** Fairytale comedy adventure with Claire Danes. (2007, PG, 127min) ★★★★

11.00 Hotel for Dogs

Stardust (film started at 6.25pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Collateral** Thriller starring Tom Cruise and Jamie Foxx. A ruthless contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. (2004, 15, 120min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **PREMIERE** **Possessor** Horror mystery starring Andrea Riseborough. A secret organisation uses brain implants to possess people's bodies in order to commit assassinations. (2020, 18, 103min) ★★★★ **10 PM**
1.25 **to 3.10** AM **Ghost in the Shell** Manga animation. (1995, 15, 83min) ★★★★ **11 PM**

+1 hour 314 430 47 301

Sky Cinema Blockbusters

302 302 402 502 516

6.15 AM **San Andreas** Disaster movie with Dwayne Johnson. (2015, 12, 114min) ★★★
8.15 **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
10.25 **Jurassic World** Adventure sequel starring Chris Pratt. (2015, 12, 124min) ★★★★
12.30 PM **Jurassic World: Dominion** Sci-fi action adventure sequel. (2022, 12, 154min) ★★★

3.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
4.35 **Shrek the Third** Animated comedy adventure sequel. (2007, U, 88min) ★★★★
6.10 **Top Gun** Aerial action drama. (1986, 12, 110min) ★★★
8.00 **Top Gun: Maverick** Action thriller starring Tom Cruise. (2022, 12, 130min) ★★★★
10.10 **The Last Samurai** Epic action drama starring Tom Cruise, Ken Watanabe and Timothy Spall. (2003, 15, 154min) ★★★★

12.45 AM **The Karate Kid** Martial arts drama starring Jaden Smith. (2010, PG, 140min) ★★★
3.05 **Annie** Musical with Jamie Foxx. (2014, PG, 115min) ★★★
5.05 **to 7.10** AM **Power Rangers** Fantasy with Elizabeth Banks. (2017, 12, 119min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.25 AM **Sky Cinema Preview**
7.15 **Oh! What a Lovely War** Musical with Ralph Richardson. (1969, PG, 144min) ★★★★
9.50 **The Warriors** Crime thriller. (1979, 15, 94min) ★★★
11.25 **Cold Mountain** Anthony Minghella's romantic drama. (2003, 15, 152min) ★★★
2.05 PM **Legend** Fantasy adventure. (1985, PG, 94min) ★★★

3.40 **Fatal Attraction** Thriller. (1987, 18, 120min) ★★★★
5.40 **A Beautiful Mind** Biopic drama. (2001, 12, 136min) ★★★★
8.00 **Sleepless in Seattle** Comedy starring Tom Hanks and Meg Ryan as two people who fall in love without ever meeting. (1993, PG, 105min) ★★★★★
10.00 **Serpico** Crime drama starring Al Pacino as an idealistic New York cop who blows the whistle on his corrupt police colleagues. (1973, 18, 130min) ★★★★

12.15 AM **The Last of the Mohicans** Epic romantic adventure. (1992, 15, 122min) ★★★★
2.20 **The Running Man** Adventure. (1987, 18, 101min) ★★★
4.15 **to 6.00** AM **Carry On Cruising** Comedy starring Sidney James. (1962, U, 85min) ★★

Sky Cinema Animation

305 305 412 500 514

7.15 AM **Cinema List: Adventure**
7.35 **Pil's Adventures** As 12.35am.
9.15 **Despicable Me** Animation. (2010, U, 94min) ★★★★
11.00 **The Bad Guys** Animation. (2022, PG, 100min) ★★★
12.45 PM **Birds of a Feather** Animated comedy adventure. (2019, U, 90min) ★★
2.20 **Dragon Rider** Animation. (2020, PG, 91min) ★★★

4.00 **The Secret Life of Pets** Animated family adventure. (2016, U, 83min) ★★★
5.40 **The Lego Batman Movie** Animated action comedy. (2017, U, 104min) ★★★★
7.30 **Minions** Animated comedy with the voices of Sandra Bullock and Pierre Coffin. (2015, U, 91min) ★★★★
9.15 **Shrek** Animated comedy adventure with the voices of Mike Myers and Eddie Murphy. (2001, U, 90min) ★★★★★

10.55 **Fly Me to the Moon** Animation. (2008, U, 84min) ★★
12.35 AM **Pil's Adventures** Animation. (2021, U, 89min) ★★
2.10 **Dragon Rider** As 2.20pm.
3.45 **Shrek** As shown at 9.15pm.
5.20 **to 6.05** AM **Sky Cinema Preview**

Movies 24

325 419

7.00 AM **The Gift of Peace** Drama. (2022, PG, 90min) ★★
9.00 **A Tale of Two Christmases** Comedy starring Katherine Barrell. (2022, PG, 84min) ★★
11.00 **Twas the Night Before Christmas** Festive drama. (2022, PG, 90min) ★★
1.00 PM **Bells Are Ringing: Christmas in Evergreen** Drama. (2020, U, 89min) ★★

3.00 **A Lot Like Christmas** Comedy. (2021, PG, 86min) ★★
5.00 **Making Spirits Bright** Drama. (2021, PG, 84min) ★★
7.00 **Holly & Ivy** Drama starring Janel Parrish and Jeremy Jordan. (2020, U, 89min) ★★
9.00 **A Holiday Spectacular** Comedy drama starring Ginna Claire Mason and Ann-Margret. A high society bride walks out on her wedding to pursue her dream of becoming a dancer. (2022, PG, 90min) ★★

11.00 **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
1.00 AM **Haul Out the Holly** Festive comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **#Xmas** Comedy. (2022, PG, 90min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Time of His Life** Comedy. (1955, b/w, U, 74min) ★★
7.25 **Fire Maidens of Outer Space** Adventure starring Anthony Dexter. (1956, PG, 80min) ★★
9.00 **Adventures of Robin Hood**
9.30 **Adventures of Sir Lancelot**
10.00 **A Ghost of a Chance** Children's fantasy. (1967, U, 50min) ★★
11.00 **The Buccaneers** 10/39. (S1)
11.30 **Fury** 1/26. (S1)

12.00 NOON **The Magnetic Monster** Thriller. (1953, b/w, 15) ★
1.35 PM **The Outer Limits** (S1)
2.35 **Fireball XL-5**
3.10 **They Came from Beyond Space** Chiller. (1967, PG, 85min) ★★
4.55 **Look at Life** Documentary.
5.10 **At War with the Army** Comedy. (1950, b/w, U, 100min) ★
7.00 **In Suspicious Circumstances**
8.00 **Maigret** 1/13. (S2)
9.00 **The Four Just Men** 28/39. (S1)
9.30 **The Onion Field** Crime drama. (1979, 18, 126min) ★★★

12.00 M'T **Deathsport** Sci-fi drama. (1978, 18, 82min) ★
1.40 AM **Confessions from a Holiday Camp** Comedy. (1977, 18, 88min) ★
3.30 **Jubal** Western with Glenn Ford. (1956, PG, 101min) ★★★
5.30 **to 6.00** AM **Turn of Fate**

Saturday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 LIVE **The Rugby Championship New Zealand v South Africa.** Coverage of the match from the second week of the competition, which takes place at Go Media Stadium in Auckland. Kick-off **8.05am**.
10.05 **My Icon** Double bill.
10.30 LIVE **Vitality T20 Blast Cricket** Coverage of the first semi-final from Edgbaston.
2.15 PM LIVE **Vitality T20 Blast Cricket** Coverage of the second semi-final from Edgbaston.
6.00 **Sky Sports News**
6.30 LIVE **Vitality T20 Blast Cricket** Coverage of this year's final from Edgbaston.
10.00 LIVE **World Matchplay Darts** Coverage of the first day of the tournament, which takes place at Winter Gardens in Blackpool.
11.00 LIVE **PGA Tour Golf** Coverage of day two of the Barbasol Championship from Keene Trace Golf Club in Nicholasville, Kentucky.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Gary Neville's Soccerbox**
10.00 **PL Retro** Man Utd v Man City.
12.00 NOON **Premier League Highlights** Back-to-back Premier League action, including at: **5.00** PM Arsenal v Liverpool. **5.30** All the action from Arsenal v Manchester United. **6.00** All the action from Fulham v Manchester United. **6.30** Leeds United v Aston Villa.
7.00 **Premier League Years** A chance to look back at a dramatic 2021/22 season.
9.00 **MNF Special: Pep Guardiola** A look at Pep Guardiola's time at Manchester City so far.
10.15 **PL Greatest Games** Manchester United v Chelsea from 2000.
10.30 **PL Retro** Manchester United v Tottenham Hotspur from 1998/99.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Best PL Goals of the Season So Far**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** Double bill.
8.30 **Jimmy Glass: The Great Escape** Carlisle United's hero looks at their escape from relegation in 1999.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
12.00 NOON **EFL**
3.00 PM **Championship Retro** Watford v Leicester City in the 2013 play-off semi-final second leg.
5.00 **Best Scottish Premiership Goals 2021/22** Memorable strikes from the Scottish top flight.
5.30 **SPFL** A look at the best goals of the 2009/10 season.
6.00 **EFL Cup Retro** Manchester United v Tottenham Hotspur in the 2008/09 final.
8.45 **EFL Greatest Games** Queens Park Rangers v Middlesbrough.
9.00 **Retro League One** Action from Charlton Athletic v Sunderland in the 2018/19 League One play-off final.
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup** Chelsea v Liverpool in the 2021/22 final.
1.00 AM **EFL** Triple bill.
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Best of T20 Blast Finals Day**
6.15 **Vitality T20 Blast Cricket** A replay of Hampshire Hawks v Lancashire Lightning in the final.
10.30 LIVE **Vitality T20 Blast Cricket** Coverage of the first semi-final from Edgbaston.
2.15 PM LIVE **Vitality T20 Blast Cricket** Coverage of the second semi-final, staged at Edgbaston.
6.00 **Changing The Game** The England Cricket team discuss the rise in women's cricket.
6.15 **Best of T20 Blast Finals Day** The best ever T20 Blast finals.
6.30 LIVE **Vitality T20 Blast Cricket** Coverage of this year's final from Edgbaston.
10.30 **Vitality T20 Blast Cricket** Durham Jets v Northamptonshire Steelbacks in the 2016 final.
11.00 **T20 Blast 2007** Kent Spitfires v Gloucestershire Gladiators in the 2007 final.
12.00 M'T **Vitality T20 Blast Cricket** All the action from the first semi-final from Edgbaston.
3.45 AM **Best of T20 Blast Finals Day**
4.00 **to 6.00** AM **Vitality T20 Blast Cricket**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **DP World Tour Golf**
8.00 **Duel: Golf's Greatest Showdown** The 1977 Open.
9.00 **DP World Tour Golf**
10.00 LIVE **DP World Tour Golf** Coverage of day three of the Genesis Scottish Open from the Renaissance Club in North Berwick.
2.30 PM LIVE **DP World Tour Golf** Further coverage of day three of the Genesis Scottish Open from the Renaissance Club in North Berwick, where Xander Schauffele was victorious last year.
8.00 **Chronicles of a Champion Golfer** Profiles of leading players.
9.00 LIVE **PGA Tour Golf** Coverage of day two of the Barbasol Championship from Keene Trace Golf Club in Nicholasville, Kentucky.
12.00 M'T **DP World Tour Golf** Day three of the Genesis Scottish Open.
1.00 AM **The Open Films: Woods 2006**
2.00 **DP World Tour Golf**
3.00 **Chronicles of a Champion Golfer** Profiles of leading players.
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

BT Sport 1

413 413 870 | 527 | 408 430

7.30 AM LIVE **AFL Carlton Blues v Port Adelaide Power.** Coverage from Marvel Stadium in Melbourne. Bounce-up **7.35am**.
10.30 **What I Wore** Peter Crouch.
11.00 **Classic Premier League** The 2019/20 Premier League season.
1.00 PM **ESPN FC** Football news.
1.30 **Test Cricket Highlights** Action from West Indies v India.
2.30 LIVE **Test Cricket West Indies v India.** The fourth day of the first Test in the two-match series from Windsor Park in Roseau.
11.00 **UFC Live** A look ahead to this weekend's UFC Fight Night action.
11.30 **UFC: The Ultimate Fighter** This documentary series follows MMA fighters as they train and compete against each other.
12.30 AM **UFC Fight Camp**
1.00 LIVE **UFC** Coverage of the Preliminary bouts from UFC Fight Night, which takes place at UFC Apex in Las Vegas, Nevada.
3.00 **to 6.30** AM LIVE **UFC Holly Holm v Mayra Bueno Silva.** The women's bantamweight bout from UFC Apex in Las Vegas, Nevada, plus the undercard.

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **ESPN FC** Football news.
6.30 **Test Cricket Highlights**
7.30 **Fishing: On the Bank**
8.30 **WWE Friday Night SmackDown**
10.00 LIVE **AFL Geelong Cats v Essendon Bombers.** At GMHBA Stadium. Bounce-up **10.25am**.
1.00 PM **WWE Monday Night Raw**
3.30 **WSL Challenger Tour**
4.30 **Premier League Stories**
5.00 **The WRC Magazine**
5.30 **MLB: Off the Bat**
6.00 LIVE **MLB Philadelphia Phillies v San Diego Padres.** The National League match at Citizens Bank Park. Start-time **6.05pm**.
9.00 LIVE **MLB Texas Rangers v Cleveland Guardians.** The American League match at Globe Life Field. Start-time **9.05pm**.
12.00 M'T LIVE **MLB New York Mets v Los Angeles Dodgers.** The National League match from Citi Field. Start-time **12.15am**.
3.30 AM **MLB: Off the Bat**
4.00 **The Bo You Don't Know**
4.30 **Miracles on the Plains**
5.30 **Posterized**
5.45 **to 6.00** AM **From Harlem With Love**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **UEFA Europa League Highlights Show** Back-to-back Europa League action, including at: **9.00** A review of the last-16 second-leg encounters. **10.00** A review of the quarter-final first-leg matches. **11.00** A review of the quarter-final second-leg matches. **12.00** NOON A review of the semi-final first-leg matches.
1.00 PM **UEFA Europa League** All the action from Sevilla v AS Roma in this year's final.
2.30 **UEFA Europa Conference League** Fiorentina v West Ham United in this year's final.
4.00 **UEFA Champions League Goals Show Retro** A look back at the 2003/04 meeting between Inter Milan and Arsenal.
5.00 **Vanarama National League** A look back at the 2022/23 season.
6.00 **ESPN FC** Football news.
6.30 **WWE Friday Night SmackDown** Wrestling action.
8.00 LIVE **Basketball: BIG 3** A match from the fourth week of the season, which takes place at the Fedex Forum in Memphis.
2.00 **to 6.00** AM **AFL**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Big Boys Don't Cry**
7.00 **The Rugby Championship**
7.55 LIVE **The Rugby Championship New Zealand v South Africa.** Coverage from Go Media Stadium in Auckland. Kick-off **8.05am**.
10.05 **The Rugby Championship**
10.35 LIVE **The Rugby Championship Australia v Argentina.** From CommBank Stadium in Parramatta, New South Wales. Kick-off **10.45am**.
12.45 PM **My Icon** Martin Offiah.
1.00 **Fight Night** Jonas v Eve Dicaire.
2.00 **Undisputed: The Story of Shields v Marshall**
3.00 **Fight Night International**
4.00 **Black Arrows: The Next Generation**
5.00 **World Matchplay Darts** The 2022 final in Blackpool.
7.00 LIVE **World Matchplay Darts** Coverage of the first day of the tournament, which takes place at Winter Gardens in Blackpool.
11.00 **The Rugby Championship**
1.40 AM **Darts Top Five Moments**
1.45 **The Rugby Championship**
3.55 **Darts Top Five Moments**
4.00 **to 6.00** AM **WNBA**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **Spirit of Yachting**
6.30 **The Rugby Championship**
8.40 **Darts Top Five Moments**
8.45 **My Icon** Maggie Alphonsi.
9.00 **DP World Tour Golf**
10.00 **Spirit of Yachting**
10.30 **Formula 1** British Grand Prix.
11.30 **Betfred Super League Highlights** Top-flight action.
12.00 NOON **World Matchplay Darts**
2.00 PM **Chronicles of a Champion Golfer** Profiles of leading players.
3.00 LIVE **Ladies European Tour Golf** Day two of the Aramco Team Series event, which takes place at Centurion Club in London.
7.00 **Women's Ashes** The first ODI in the multi-format series between England and Australia in Bristol.
8.00 **WNBA** Another chance to see Indiana Fever v Dallas Wings.
10.00 **Undisputed: The Story of Shields v Marshall**
11.00 **Spirit of Yachting**
11.30 **Betfred Super League Highlights** Top-flight action.
12.00 M'T **Vitality T20 Blast Cricket**
3.45 AM **My Icon** Maggie Alphonsi.
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

BT Sport 4

421 421 876 | 530 | 411 434

6.00 AM **BT Sports Reload**
6.15 **In Depth with Graham Bensinger** Double bill.
7.15 **BT Sports Reload**
7.30 **ESPN FC** Football news.
8.00 **Satudays in the South: Part 6**
9.30 **Saturdays in the South: Part 7**
11.00 **Saturdays in the South: Part 8**
12.30 PM **In Depth with Graham Bensinger**
1.00 **MLB** Action from Philadelphia Phillies v San Diego Padres.
3.30 **MLB** Toronto Blue Jays v Arizona Diamondbacks.
6.00 LIVE **Badminton** Coverage of the semi-finals of the US Open, which takes place at Mid-America Centre in Council Bluffs, Iowa.
1.30 AM LIVE **Major League Cricket San Francisco Unicorns v Seattle Orcas.** Coverage of the T20 match from Grand Prairie Stadium in Grand Prairie, Texas.
5.30 **to 6.00** AM **BT Sports Reload**

Eurosport 1

410 410 868 | 521 | 412 435

6.00 AM **Cycling: Tour de France**
7.00 **Tour de France: Breakaway**
7.30 **Tennis: Wimbledon**
9.00 **Climbing World Cup**
10.00 **Cycling: Tour de France**
11.00 **Tour de France: Breakaway**
11.30 LIVE **Cycling: Tour de France** Coverage of stage 14 of the race.
5.00 PM LIVE **Show Jumping** The Global Champions Tour event from La Coruna in Spain.
7.15 **Olympic Games: The Power of the Olympics**
7.30 LIVE **Climbing World Cup** Coverage from Briancon in France.
9.30 **Cycling: Tour de France**
10.30 **Tour de France: Breakaway**
11.00 **BMX European Championships**
12.00 M'T **The Power of Sport**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: Breakaway**
3.30 **Tennis: Wimbledon**
5.00 **to 6.00** AM **Hall of Fame: Tokyo 2020**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Tennis: Wimbledon**
7.30 **World Superbikes**
8.30 LIVE **World Superbikes** The Supersport 300 Superpole.
9.15 LIVE **World Superbikes** The Supersport Superpole from Italy.
10.00 LIVE **World Superbikes** The Superbike Superpole from Italy.
10.45 **Powerboat Racing World Championship**
11.15 LIVE **World Superbikes** Race one of the Superport 300 discipline from Imola.
12.45 PM **World Superbikes**
1.30 LIVE **Tennis: Wimbledon** Coverage of the ladies' singles final.
4.30 **World Superbikes**
5.30 LIVE **Speedway Grand Prix** Coverage from Malilla, Sweden.
9.15 **Formula E**
10.00 **Tennis: Wimbledon**
11.30 **World Superbikes**
12.30 AM **Cycling: Tour de France**
1.30 **to 6.00** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
8.00 **S/Lge Retro: Magic Weekend**
10.00 **Super League Highlights**
10.30 **Super League Gold**
10.35 LIVE **NRL Sydney Roosters v Melbourne Storm.** From Sydney Cricket Ground. Kick-off **10.35am**.
12.30 PM **Super League Highlights**
1.00 **World Matchplay Darts**
3.00 **NBA Basketball**
5.00 **Top Rank Boxing Archive**
6.15 **Super League Highlights**
6.45 **State of Origin Rugby League Highlights**
7.00 **The Rugby Championship** New Zealand v South Africa.
9.10 **The Rugby Championship** Australia v Argentina.
11.20 **Darts Top Five Moments**
11.30 **Super League Highlights**
12.30 AM **Daniel Anderson: Face to Face**
1.00 **WNBA** Recent action.
3.00 **NBA Basketball**
5.00 **to 6.00** AM **Fight Night**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **Highlights**
12.45 PM LIVE **GT World Challenge Europe** Coverage of race one from the fifth round of the season.
2.15 LIVE **Ferrari Challenge** Coverage of the first race from the fifth round of the season.
3.10 **F1 Features**
3.35 LIVE **Indycar** Coverage of the Honda Indy Toronto.
4.35 **F1 Academy Highlights**
5.05 **Story of Hesketh**
5.15 LIVE **Ferrari Challenge** Coverage of the first race from the fifth round of the season.
6.15 **F1 Academy Highlights**
6.45 **Then & Now With Verstappen**
7.00 **Graham Hill: World Champion**
7.30 **Skiing with Stroll**
7.50 LIVE **Indycar** The Honda Indy Toronto qualifying session.
9.20 **Story of Hesketh**
9.30 **Sky Sports F1 Podcast**
10.30 PM **to 6.00** AM **Highlights**

SKY HD SD | VIRGIN HD | BT HD

Sunday

16 July

Evening Planner

Thriller

The Locksmith
Sky Premiere, 6.15pm
Ryan Philippe stars as an ex-con who falls into old habits despite his hopes for a reformed life with his former girlfriend.

Comedy

Young Sheldon
E4, 8pm
The sixth series of *The Big Bang Theory* prequel returns, with the young Sheldon dealing with his family's ups and downs.

Biopic

Rocketman
C4, 9pm
Following Elton John's sensational set at Glastonbury, here's a chance to catch the award-winning biopic with Taron Egerton.

Drama

World on Fire
BBC1, 9pm
As the wartime drama returns, Harry (Jonah Hauer-King) has brought his Polish bride Kasia (Zofia Wichlacz) home.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Countryfile		8.00 Antiques Roadshow		9.00 World on Fire		10.00 News	10.30 Film: Duchess
102 BBC2	◂ 6.35 Wimbledon – Live		8.00 Inside the Factory		9.00 Louis Theroux's Forbidden America		10.00 Today at Wimbledon	
103 ITV1	7.00 Tipping Point: Lucky Stars		8.00 A Year on Planet Earth		9.00 A Spy Among Friends		10.20 News	10.35 Joanna...
104 CHANNEL 4	7.00 Jamie's One-Pan Wonders		8.00 Exploring India's Treasures with...		9.00 Film: Rocketman			
105 CHANNEL 5	◂ 6.30 When Motorhoming Goes Horribly...		8.00 Million Pound Motorhomes		9.00 Coastguard: Search & Rescue SOS		10.00 Police: Hour of Duty	
106 SKY SHOWCASE	◂ 6.30 Lionesses: How Football Came Home		8.00 The Lionesses: A League of Their...		9.00 Magnum P.I.		10.00 The Blacklist	
ENTERTAINMENT								
115 BBC3	7.00 EastEnders		8.00 The Traitors Australia		9.10 Film: Ben Is Back			
116 BBC4	7.00 Vivaldi Unmasked		8.00 BBC Proms: Vivaldi's Four Seasons				10.10 Britain's Ancient Capital...	
118 ITV2	◂ 6.00 Film: Superman Returns				9.00 Love Island		10.00 Love Island: Aftersun	
136 MORE4	◂ 6.55 Come Dine with Me		8.00 PopMaster TV		9.00 24 Hours in A&E		10.00 The Emergency Ward	
135 E4	◂ 5.40 Film: Mrs Doubtfire		8.00 Young Sheldon		9.00 Film: Pitch Perfect 3			
107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Good Doctor		9.00 Blue Bloods		10.00 The Rookie	
108 SKY ATLANTIC	◂ 6.50 The Sopranos				9.00 True Detective		10.10 Tin Star	
110 GOLD	7.00 Only Fools and Horses		8.20 Dad's Army			9.40 The Vicar of Dibley	10.20 Billy Connolly Does...	
111 DAVE	7.00 Border Force: America's Gatekeepers		8.00 QI XL		9.00 Have I Got a Bit More News for You		10.00 All Girls Live at the Apollo	
119 ITV3	7.00 Rosemary & Thyme		8.00 The Larkins		9.00 The Savoy at Christmas		10.00 Foyle's War	
120 ITV4	7.00 Tour de France Highlights		8.00 Film: The Mummy Returns					
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Midnight Run			
139 SKY SCI-FI	7.00 Star Trek: Voyager						10.00 Film: Hellraiser	
113 SKY MAX	7.00 Fringe		8.00 The Lionesses: A League of Their...		9.00 Magnum P.I.		10.00 The Blacklist	
109 ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise			
130 SKY ARTS	7.00 The Joy of Painting		8.00 Film: Joseph and the Amazing Technicolor Dreamcoat			9.40 The Great Songwriters		
132 W	7.00 Nurses on the Ward		8.00 Katie Piper's Jailhouse Mums		9.00 Killer Women with Piers Morgan		10.00 Stacey Dooley Investigates: Second...	
DOCUMENTARY								
125 DISCOVERY	7.00 Moonshiners: Master Distiller		8.00 Naked and Afraid: Solo		9.00 Blowing Up History		10.00 Street Outlaws	
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Crikey! It's the Irwins				10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 World's Greatest Train Journeys from...		8.00 Europe from Above		9.00 Hitler: The Lost Tapes of the Third Reich			
123 SKY HISTORY	7.00 Warriors				9.00 Instruments of Death		10.00 Forged in Fire	
155 YESTERDAY	7.00 Bangers & Cash		8.00 'Allo 'Allo!				10.00 Secrets of the London Underground	
121 SKY DOCS	◂ 6.20 Lionesses: How Football Came Home		8.00 The Good Fight Club		9.00 Right to Fight			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 The Locksmith		8.00 Breaking Point			9.50 Armageddon Time		
303 HITS	◂ 6.15 10 Cloverfield Lane		8.00 King Kong					
304 GREATS	◂ 6.30 Stand by Me		8.00 Love Story			9.55 Funny Face		
305 ANIMATION	◂ 5.40 Dragon...	7.25 Fireheart			9.10 Son of Bigfoot			
306 FAMILY	◂ 5.45 Willy Wonka...	7.30 A Monster Calls				9.35 Four Kids and It		
307 ACTION	◂ 5.45 The Legend of Zorro		8.00 Gladiator					10.35 13 Hours...
308 COMEDY	◂ 6.10 Click		8.00 Groundhog Day			9.45 The Terminal		
309 SPIES	◂ 6.00 The International		8.00 RED 2				10.00 Jason Bourne	
310 DRAMA	◂ 6.10 Mr Holmes		8.00 Manchester by the Sea				10.20 Defiance	
311 SCI-FI	◂ 6.10 Ex Machina		8.00 Elysium				10.00 Halloween Kills	
302 BLOCKBUSTERS	◂ 5.45 Top Gun: Maverick		8.00 The Lord of the Rings: The Fellowship of the Ring					
313 FILM4	◂ 6.45 G.I. Joe: The Rise of Cobra				9.00 Independence Day: Resurgence			
SPORT								
401 MAIN EVENT	7.00 DP World Tour Golf – Live		8.00 World Matchplay Darts – Live: Coverage of the evening session on the second day of the tournament					
402 PREMIER LEAGUE	7.00 Premier League Years				9.00 PL Special: The Centurions		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 SPFL Greatest Games				9.00 Old Firm...	9.30 SPFL...	10.00 SPFL Greatest Games	
404 CRICKET	7.00 Secrets Of Success				9.15 Women's Ashes		10.15 Ashes Memories	
413 BT SPORT 1	◂ 2.30 Test Cricket – Live: West Indies v India							
414 BT SPORT 2	◂ 6.30 MLB – Live: Baltimore Orioles v Miami Marlins (Start-time 6.35)					9.30 Major League Cricket – Live		

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg** Interviews with key politicians and public figures. (S)
10.00 **Politics England** (S)
10.30 **Sunday Morning Live** New edition Topical debate. (S)
11.30 **Homes Under the Hammer** A house by a stream in Handsacre, Staffordshire and a three-storey Plymouth property. (S)(R)
12.00 NOON **Bargain Hunt** Experts Ben Cooper and Charles Hanson advise two teams in Greyabbey, Co Down. (S)(R)(AD)
12.45 PM **BBC News** (S)
1.00 LIVE **Wimbledon** Coverage of the 14th and concluding day of the Grand Slam tournament from the All England Club, where the men's singles final takes centre stage. (S)

7.00 Countryfile

6 PM
6.35 **BBC News** (S)
6.50 **Local News** (S)

7 PM
7.00 **Countryfile** New edition Joe Crowley and Sammi Kinghorn are in the Lake District finding out how cycling is still a popular outdoor pursuit in the UK. (S)

8 PM
8.00 **Antiques Roadshow** Fiona Bruce presents the show from Ham House in the London borough of Richmond-upon-Thames, where an 18th-century robe could be an important piece of Chinese history. (S)(R)

9 PM
9.00 NEW SERIES **World on Fire** 1/6. Drama following people from all walks of life during World War Two. Harry prepares to rejoin his unit as the fighting reaches north Africa. *See feature, page 6.* (S2) (S)(AD)

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **The Duchess** Historical drama starring Keira Knightley, Ralph Fiennes and Dominic Cooper. An 18th-century aristocrat seeks relief from her loveless marriage in a scandalous affair with a rising politician. With Hayley Atwell and Charlotte Rampling. (S)(AD) (2008, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.35 AM **Countryfile** (S)(R)
7.30 **Around the World in 80 Gardens** The Kirstenbosch Botanic Gardens, South Africa. (S)(R)(AD)
8.30 **Landward** (S)(R)
9.00 **Beechgrove Garden** (S)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 LIVE **Wimbledon** Coverage of play on day 14, featuring the concluding wheelchair finals. (S)
12.30 PM **Food & Drink** (S)(R)(AD)
1.00 **Songs of Praise** (S)(R)
1.35 FILM **Sweet Charity** Musical starring Shirley MacLaine. (S) (1968, PG, 145min) ★★★★★
4.00 **Your Home Made Perfect** A couple remodel their three-bedroom Croydon home. (S)(R)
5.00 **The Great British Sewing Bee** The quarter-finals. (S)(R)(AD)

11.00 Tennis: Wimbledon

6.00 **Flog It!** James Lewis and Caroline Hawley value antiques at Wolverhampton Art Gallery. (R)
6.35 LIVE **Wimbledon** Coverage of the final play from the 14th and concluding day of the Grand Slam tournament, staged at the All England Club, including the boys' singles and ladies' doubles finals. (S)
8.00 **Inside the Factory** Gregg Wallace visits a huge vacuum cleaner factory in the heart of Somerset, where over a million vacuums are made every year. (S)(R)(AD)
9.00 **Louis Theroux's Forbidden America** 1/3. The film-maker returns to the US to explore the impact of the internet and social media on the most controversial corners of American society. (S)(R)(AD)
10.00 **Today at Wimbledon** Qasa Alom presents a look back at highlights of the men's singles final, where the third Grand Slam title of the year was set to be decided. (S)
11.00 **Golf: Scottish Open** Action from the fourth and final day's play. (S)
12.00 M'T FILM **When Eight Bells Toll** Alistair MacLean thriller starring Anthony Hopkins, Robert Morley and Nathalie Delon. (S) (1971, 15, 90min) ★★
1.30 AM **Sign Zone: The Richard Dimbleby Lecture with David Harewood** A personal journey of self-identity. (S)(R)
2.30 **Sign Zone: Garden Rescue** (S)(R)
3.15 **to 6.45** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **CITV**
8.25 **ITV News** (S)
8.30 **Katie Piper's Breakfast Show** New edition With guests Lisa Snowdon and Drew Benvie. (S)
9.25 **Love Your Weekend with Alan Titchmarsh** With guests Joanna Page and Matt Baker. (S)(R)
11.25 **Cooking with the Stars** 2/6. Indian cuisine. (S)(R)(AD)
12.25 PM **ITV News** (S)
12.35 **The Masked Singer US** (S)(R)(AD)
1.30 LIVE **Goodwood Festival of Speed** Coverage of the motoring event in West Sussex. (S)
3.30 **You've Been Framed!** Comical clips narrated by Harry Hill. (S)(R)
4.00 FILM **Octopussy** James Bond adventure starring Roger Moore, Maud Adams and Louis Jourdan. (S)(AD) (1983, PG, 150min) ★★★

8.00 A Year on Planet Earth

6.30 **ITV News** (S)
6.45 **Local News** (S)
7.00 NEW SERIES **Tipping Point: Lucky Stars** Ben Shephard presents as Christopher Biggins, Rosemary Shrager and Gareth Chilcott answer questions to win turns on an arcade-style machine. (S)
8.00 **A Year on Planet Earth** New edition *Spring*: 2/4. Stephen Fry examines the impact that spring has upon the natural world, a season which sees new life emerging as temperatures rise. (S)(AD)
9.00 **A Spy Among Friends** New episode 2/6. Desperate for answers, MI5 investigator Lily Thomas tries to get Elliott to reveal what he knows about Philby, using psychological tricks to steer him in the right direction. (S1) (S)(AD)
■ Entire series on ITVX
10.20 **ITV News** (S)
10.35 **Joanna Lumley's Spice Trail Adventure** 2/4. Joanna returns to her birthplace, India, starting in the city of Hampi. (S)(R)(AD)
11.35 **Long Lost Family** (S)(R)(AD)
12.25 AM **Tour de France Highlights** Action from stage 15. (S)(R)
1.20 **Catchphrase** (S)(R)(AD)
1.55 **The Masked Singer US** (S)(R)(AD)
2.40 **Great Racehorses** (S)(R)
3.00 **Motorsport UK** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Made in Britain** (S)(SL)(R)(AD)

+1 hour 203 303 35 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **Cheers** Triple bill. (S10) (S)(R)
7.25 **The King of Queens** (S)(R)(AD)
8.30 **Bake Off: The Professionals** 2/10. The five teams re-imagine some classic treats. (S)(R)(AD)
9.30 **Sunday Brunch** New edition With Shaparak Khorsandi, Alex James and Neil Morrissey. (S)
12.30 PM **The Simpsons** (S)(R)(AD)
1.30 LIVE **Formula E** Race two of the Rome ePrix at Circuito Cittadino dell'EUR. Start-time is at 2.00. (S)
3.30 FILM **Spies in Disguise** Animated adventure with the voice of Will Smith. A secret agent branded a traitor tries to clear his name, only to be transformed into a pigeon. (S) (2019, PG, 98min) ★★★★
5.30 **The Secret Life of the Zoo** The keepers suspect a Malayan tapir may be eating for two. (S)(R)(AD)

8.00 Exploring India's Treasures

6.30 **News** (S)
7.00 NEW **Jamie's One-Pan Wonders** Jamie Oliver's favourite recipes from the series, including rolled pork belly, risotto and giant spicy meatballs, chicken pie and an aubergine burger. (S)
8.00 **Exploring India's Treasures with Bettany Hughes** Series finale 2/2. Bettany travels to Thanjavur, which was once the capital of the Chola empire, one of the longest ruling dynasties in history. (S)(AD)
9.00 FILM **Rocketman** Music biopic starring Taron Egerton, Jamie Bell and Richard Madden. Elton John enters an addiction rehabilitation session, and recounts his extraordinary life in a flashback. With Bryce Dallas Howard. (S)(AD) (2019, 15, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.20 **Celebrity Gogglebox** (S)(R)(AD)
12.25 AM NEW SERIES **Walter Presents: Sloborn** *Ankunft*: 1/8. The impact of a pandemic on a small island. Subtitled. (S1)
■ Entire series on C4 Streaming
1.25 FILM **Glass** Fantasy thriller starring James McAvoy. (S)(AD) (2019, 15, 130min) ★★★
3.35 **Come Dine with Me** (S)(R)
5.50 **to 6.15** AM **Beat the Chef** (S)(R)

+1 hour 204/208 304 15 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.40 AM **Milkshake!**
10.05 **Teenage Mutant Ninja Turtles**
10.25 **Entertainment News** (S)
10.35 **Cash in the Attic** (S)(R)
11.05 **Friends** (S1) (S)(R)(AD)
12.35 PM **Police Interceptors** A motorist calls the police to report one of the officers for stealing his car. (S)(R) **1.35** A failure to stop in Hartlepool turns into a full-blown kidnapping situation. (R)
2.35 **Inside the Tower of London** A look back at dramatic escape attempts from the Tower. (S)(R) **3.35** Lady Jane Grey's brief rule as queen and her execution in the Tower. (S)(R)
4.30 **The Great Plague** Tracing the spread of the Great Plague of 1665 week by week. (S)(R)

6.30 When Motorhoming Goes...

6.25 **News** (S)
6.30 NEW **When Motorhoming Goes Horribly Wrong** Paul Merton narrates a compilation of clips from disastrous motorhome holidays, including a campervan invaded by giant spiders, and a tyre blowing out at high speed on a motorway. (S)
8.00 NEW SERIES **Million Pound Motorhomes** 1/8. TV presenter Jenny Powell and her family head to the Lake District in their beloved campervan. (S)(R)
9.00 **Coastguard: Search & Rescue SOS** New edition 3/6. In Wales, the Coastguard Rescue helicopter from Caernarfon is tasked with helping a kite surfer in trouble at sea. (S)
10.00 **Police: Hour of Duty** 2/4. A specialist taskforce prepare to raid a premises with suspected links to an organised crime gang. (S)(R)
10.55 **Police Code Zero: Officer Under Attack** 4/7. Two officers are threatened by a man armed with a knife. (S)(R)
11.55 **Inside HMP Whitemoor: Evil Behind Bars** (S)(R)
1.20 AM **Teleshopping** (S)
3.20 **Red Arrows: Kings of the Sky**
4.10 **The Yorkshire Vet** (S)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **Abominable and the Invisible City** (S)(R)(AD)
6.50 **Lego DREAMZzz** (R)
7.15 **Challenge DanTDM** (R)
7.30 **Draw With Will: Video Games**
7.40 **Modern Family** (S8) (S)(R)
9.30 **The Simpsons** (S)(R)
12.00 NOON **NCIS: New Orleans** 8-10/24. (S5) (S)(R)
3.00 PM **Tom Cruise: Impossible Missions** Memorable stunts from the film franchise. (R)
4.00 FILM **The Twilight Saga: New Moon** Supernatural romantic thriller sequel starring Kristen Stewart and Robert Pattinson. Bella finds solace and comfort with Jacob after Edward leaves her unexpectedly. With Taylor Lautner and Ashley Greene. (S) (2009, 12, 125min) ★★★

9.00 Magnum P.I.

6.30 **Lionesses: How Football Came Home** The inside story of the England football team's triumph at the Women's Euros in 2022, featuring interviews with the players as well as previously unseen footage and highlights.
8.00 **The Lionesses: A League of Their Own Special** Former England star Jill Scott guides Maisie Adam and Katherine Ryan through what it takes to be a world-beating footballer. (R)
9.00 **Magnum P.I.** New episode *NSWF:* 4/20. Thomas and Higgins search for a CEO who has mysteriously vanished, while Rick braces a visit from his sister Ruthie. (S5) (S)
10.00 **The Blacklist** New episode *The Hyena (No 200):* 4/22. Red attempts to secure a late financier's fortune that has to be unlocked by solving a series of clues. (S10) (S)
11.00 **Then You Run** 2/8. Ruth looks after Tara as she struggles to sleep off the drugs. (S1) (S)(R)
12.00 M'T **The Force: Manchester** Raiding a cannabis farm. (S)(R)
1.00 AM **Road Wars** (S)(R)
2.00 **Caught on Dashcam** (S)(R)
4.00 **Nothing to Declare** (S)(R)
4.30 **Border Security: Australia's Front Line** (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
10.00-10.30am Scam Interceptors (S)(R)
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.00-10.30am Garden Rescue (S)(R)
WALES
Sky **965**, Virgin **864**, Freesat **965**
11.30am Bargain Hunt (S)(R)(AD) **12.15-12.45pm** Pizza Boys (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
1.00pm Suzie Lee: Home Cook Hero (S)(R) **1.05** FILM Sweet Charity (S) (1968, PG, 145min) ★★★★★ **3.30-6.00pm** LIVE The Championship: Kerry v Derry (Throw-in at 4.00). (S)
WALES
Sky **968**, Freesat **968**
5.00pm Nigel Slater's Simple Cooking (S)(R) **5.10** Flog It! (S)(R) **5.45** Heart Valley (S)(R) **6.05-6.35pm** Iolo: A Wild Life (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.50** Penblwyddi Cyw New edition **9.00** Garddio a Mwy **9.25** Ty am Ddim **10.20** Ralïo+ **11.15** Dechrau Canu Dechrau Canmol **12.00noon** Yr Wythnos New edition **12.30pm** Bwrdd i Dri (AD) **1.00** Ffermio **2.00** LIVE Seiclo: Tour de France **5.35** 3 Lle (AD) **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Am Dro! New edition (AD) **9.00** Ras Yr Wyddfa 2023 **10.00** Seiclo: Tour de France **10.30-11.35pm** Waliau'n Siarad

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/141 107/157 23 107 179 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Phil thinks Lisa is hiding something from him about Louise. **7.30** Rocky goes rogue on his stag night, and Kathy is hurt by a cutting comment from Elaine on her hen do.
8.00 **The Traitors Australia** New edition 4/12. Reality series. The silver prize is starting to grow, as is the heat in Traitors Tower.
9.10 FILM **Ben Is Back** Drama starring Julia Roberts and Lucas Hedges. A drug-addicted teenage boy shows up unexpectedly at his family's home on Christmas Eve. With Courtney B Vance and Kathryn Newton. (2018, 15, 103min) ★★★★
10.45 **Body on the Beach: What Happened to Annie?** 1-4/4. Hazel Martin investigates the death of Annie Börjesson.
12.45 AM **Evicted** Double bill.
1.45 **Eating with My Ex**
2.45 **Pobl Bachyn**
2.55 **to 3.55** AM **Evicted**

BBC4

116 116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm

7.00 PM **Vivaldi Unmasked** Conductor Charles Hazlewood explores the life of composer Antonio Vivaldi.
8.00 NEW **BBC Proms: Vivaldi's Four Seasons** Violinist and conductor Pekka Kuusisto is joined by innovative folk musician Ale Carr to perform Antonio Vivaldi's *Four Seasons* as it's never been heard before.
10.10 **Britain's Ancient Capital: Secrets of Orkney** 3/3. The archaeologists uncover a remarkable find.
11.10 **Vienna: Empire, Dynasty and Dream** Simon Sebag Montefiore follows the Habsburgs to their demise.
12.10 AM **Timeshift: The Great British Seaside Holiday** A celebration of the British seaside holiday experience.
12.55 **Peter Ustinov: The Parkinson Interviews**
1.55 **Vivaldi Unmasked**
2.55 **to 3.55** AM **Vienna: Empire, Dynasty and Dream**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke**
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Come Dine with Me**
2.40 PM **Four in a Bed**
5.20 **Come Dine with Me** The first host is 22-year-old Shanice, who offers up some risky menu choices. **5.50** Retired estate agent Vivi hosts a Norwegian-themed dinner party.
6.25 **Come Dine with Me** Sales manager Charlotte takes a risk with an Asian-inspired menu. **6.55** Surrey children's entertainer David puts on a performance for his diners. **7.25** Sales director Neil devises a sophisticated menu.
8.00 **PopMaster TV** Music quiz show hosted by Ken Bruce.
9.00 **24 Hours in A&E** A junior doctor carries out his first ever needle aspiration.
10.00 **The Emergency Ward** Dr Laura and Dr Mark bend over backwards to perform what should be a routine procedure.
11.00 **Emergency Helicopter Medics** Documentary.
12.05 AM **The Good Doctor**
1.00 **The Emergency Ward**
2.00 **24 Hours in A&E**
3.10 **to 3.40** AM **Food Unwrapped**

+1 hour 236 347 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
8.30 FILM **Barnyard** Children's animated comedy. (2006, PG, 90min) ★
10.10 **Ramsay's Kitchen Nightmares USA**
2.10 PM **The Big Bang Theory**
5.40 FILM **Mrs Doubtfire** Comedy starring Robin Williams as a voice-over artist who disguises himself as a Scottish widow in order to get the job as his estranged family's housekeeper. (1993, PG, 125min) ★★★★
8.00 NEW SERIES **Young Sheldon** 1/21. Return of the comedy. Sheldon and Missy meet Mandy. **8.30** New episode 2/21. Mary struggles to deal with life outside the church. (S6)
9.00 FILM **Pitch Perfect 3** Comedy sequel starring Anna Kendrick and Rebel Wilson. Following their win at the world championship, the Bellas reunite for one last singing competition at an overseas tour. (2017, 12, 93min) ★★★
10.50 **Naked Attraction** A 23-year-old virgin from Kent picks a partner from six naked candidates.
11.55 **First Dates**
12.55 AM **Gogglebox**
2.55 **Ramsay's Kitchen Nightmares USA**
3.45 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235 306 30 123

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
11.00 **Stop, Search, Seize** Documentary following the work of Ireland's border force.
12.00 NOON **Air Ambulance ER** A 16-year-old boy suffers a major head injury after falling.
1.00 PM **Sun, Sea and A&E** Documentary following British tourists hospitalised abroad.
2.00 **Nothing to Declare** Ten editions of the documentary.

7.00 Nothing to Declare

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **The Good Doctor** *365 Degrees:* 12/22. Shaun invites Aaron to stay while he has exterminators at his house. (S6)

9 PM

9.00 **Blue Bloods** *Fire Drill:* 19/21. Eddie asks Frank to put her on modified duty after her arrest of a protestor. (S13)

10 PM

10.00 **The Rookie** *Pilot:* 1/20. Crime drama starring Nathan Fillion as LAPD's oldest rookie cop. (S1)
11.00 **Departure** 3/6. (S2)
12.00 M'T **Transplant** 3/13. (S1)
1.00 AM **Lincoln Rhyme: Hunt for the Bone Collector** 2/10. (S1)
2.00 **Blue Bloods** New episode
3.00 **Law & Order: Special Victims Unit** New episode 9/22. (S24)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **The Guest Wing**
6.55 **Richard E Grant's Hotel Secrets** Triple bill.
9.40 **The Newsroom** 3-7/9. (S2)
3.25 PM **The Sopranos** 12/13. Jackie Jr attempts to follow in Ralph's footsteps. **4.35** 13/13. Jackie Jr goes into hiding after his botched armed robbery. (S3) **5.45** 1/13. Carmela frets about the family's finances. **6.50** 2/13. Meadow contemplates taking a year off college to travel. (S4)

9.00 True Detective

7.55 **The Sopranos** *Christopher:* 3/13. Father Phil hosts an Italian Pride ladies' lunch, and Bobby's wife Karen is involved in a car accident. (S4)

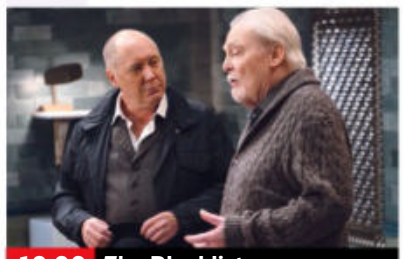
9.00 **True Detective** *The Long Bright Dark:* 1/8. Drama spanning 17 years and centring on two homicide detectives' hunt for a killer in Louisiana. (S1)
10.10 **Tin Star** *The Kid:* 2/10. Jim tries to bury his grief by picking the murder case back up. (S1)
11.15 **Der Pass** 6/8. (S3)
12.20 AM **Little Birds** 2/6. (S1)
1.20 **Banshee** 4/10. (S1)
2.30 **Richard E Grant's Hotel Secrets** From Miami.
3.30 **In Treatment** 37/43. (S1)
4.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Supergirl** 18-22/22. (S2)
11.00 **NCIS: New Orleans** (S5)
3.00 PM **Tom Cruise: Impossible Missions** Memorable stunts.
4.00 **Fringe** 12/22. The team get trapped in a town where the residents are delusional. **5.00** 13/22. The team investigate a mentally ill patient who appears to be connected to multiple murders. **6.00** 14/22. Nina and Olivia are imprisoned in an abandoned hospital by David Robert Jones. (S4)


10.00 The Blacklist

7.00 **Fringe** *A Short Story About Love:* 15/22. The team investigate a perfume-maker who preys on widowed women. (S4)

8.00 **The Lionesses: A League of Their Own Special** Jill Scott gives Katherine Ryan and Maisie Adam a football masterclass.

9.00 **Magnum P.I.** New episode *NSWF:* 4/20. Thomas and Higgins search for a CEO who has vanished. (S5)

10.00 **The Blacklist** New episode *The Hyena (No 200):* 4/22. Red attempts to secure a late financier's fortune. (S10)
11.00 **Then You Run** 2/8. Ruth looks after Tara as she struggles to sleep off the drugs, while Stink and Nessi's plan to sell Orin's stash takes a tragic turn. (S1)
12.00 M'T **The Force: Manchester**
1.00 AM **Road Wars**
2.00 **Caught on Dashcam**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Totally Bonkers Guinness World Records**
7.00 **Love Bites**
9.00 **Secret Crush**
10.00 **Dress to Impress**
12.00 NOON **Supermarket Sweep**
1.00 PM **Family Fortunes**
2.05 **In for a Penny**
2.40 FILM **Corpse Bride** Animation with the voice of Johnny Depp. (2005, PG, 74min) ★★★★
4.15 FILM **Antz** Animated comedy with the voice of Woody Allen. (1998, PG, 83min) ★★★

6.00 Superman Returns

6.00 FILM **Superman Returns** Adventure with Brandon Routh. After a five-year absence, Superman returns and finds that Lois Lane is a mother and Lex Luthor is cooking up more trouble. (2006, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island** New edition Week seven in the villa gets underway with a £50,000 prize awaiting the winning couple.

10.00 **Love Island: Aftersun** New edition Host Maya Jama is joined by guests Jordan Stephens, Indiyah Polack and Faye Winter.
11.05 **Family Guy** (S8&7)
12.00 M'T **American Dad!** (S9&8)
1.00 AM **The Stand Up Sketch Show** With Finlay Christie.
1.30 **All American** 5/20. (S4)
2.20 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **George and Mildred**
6.35 **A Touch of Frost**
8.35 **Agatha Christie's Poirot**
9.45 FILM **Carry On Henry** Comedy. (1971, PG, 89min) ★★
11.30 **Agatha Christie's Marple**
1.35 PM **Agatha Christie's Poirot** *Lord Edgware Dies:* An actor's estranged husband is killed. **3.50** *Murder in Mesopotamia:* A woman is murdered during an excavation.
6.00 **Rosemary & Thyme** *Orpheus in the Undergrowth:* An alcoholic is found dead.

10.00 Foyle's War

7.00 **Rosemary & Thyme** *They Understand Me in Paris:* The duo restore the gardens of a friend's French Riviera villa.

8.00 **The Larkins** *In Which the Larkins Rescue the Railway Station:* 4/6. Pop hears the train station is going to close. (S1)

9.00 **The Savoy at Christmas** A look at preparations for the festive period at the London hotel, which begin in mid-November.

10.00 **Foyle's War** *Trespass:* The son of a high-profile Jewish businessman is attacked in the grounds of a university.
11.50 **Upstairs, Downstairs** 1/13. Hudson is angered by James's decision to dine with his father's secretary. (S3)
1.00 AM **The Royal** Double bill.
3.05 **Agatha Christie's Poirot**
5.10 **George and Mildred**
5.40 **to 6.00** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **Rewind 2000s**
7.30 **Inside Central Station** 4/6. Temperatures start to rise as Glasgow Fair passengers are affected by disruptions.
8.00 **Scotland's Greatest Escape** New edition 1/8. JJ Chalmers and Grado visit unforgettable getaways in Scotland.
9.00 **Aberdeen '83: Once in a Lifetime** Marking the 40th anniversary of Aberdeen's European Cup Winners Cup win.
10.00 **Still Game** 7/7. Lorraine Kelly interviews Tam and Frances. (S6)
10.30 **Martin Compston's Scottish Fling** 6/6. Martin and Phil MacHugh end their tour of Scotland in the Lowlands.
11.00 PM **to 12.00** M'T **Seven Days** New edition

Sky Comedy

114/115 112 347 362

8.00 AM **Modern Family** (S7)
10.30 **Silicon Valley** (S4)
1.30 PM **Will & Grace** (S4)
4.00 **Girls** 3-6/10. (S4)
6.15 **The Office (US)** 16/26. Pam has an interview. **7.00** 17/26. Oscar attends the funeral of Dwight's Aunt Shirley. **7.30** 18/26. Employees get hold of promos for the documentary. **8.00** 19/26. Jim and Pam go to counselling. **8.30** 20/26. Dwight and Angela compete to build the best paper aeroplane. (S9)
9.00 **And Just Like That...**
10.00 FILM **7 Days in Hell** Documentary. (2015, 18, 43min) ★★★
11.00 **Divorce** 1&2/10. (S1)
12.10 AM **Hung** 6&7/10. (S1)
1.20 **Girls** 7&8/10. (S4)
2.30 **Rovers** 5/6. (S1)
3.00 **Righteous Gemstones** New episode 6/9. (S3)
3.50 **to 5.00** AM **Eastbound & Down**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Spring Storms**
8.40 **Tales of the Unexpected**
10.40 **The South Bank Show Originals**
11.10 **Stories from National Portrait Gallery**
12.05 PM **Bill Bailey's Master Crafters**
1.00 **The Joy of Painting**
2.00 **Wonderland: From JM Barrie to JRR Tolkien**
3.00 **Discovering: Anthony Hopkins**
4.00 **Classic Albums**
5.00 **UB40 Live at Montreux**
7.00 **The Joy of Painting**
8.00 FILM **Joseph and the Amazing Technicolor Dreamcoat** Musical. (1999, U) ★★★
9.40 **The Great Songwriters**
10.40 **Greatest Albums Live**
11.40 **Michelangelo: Saint or Sinner?**
1.30 AM **Sade: Bring Me Home – Live 2011**
4.00 **Isle of Wight Festival**
5.00 **to 6.00** AM **Music Icons**

Pick

151 135 36 144

6.00 AM **Border Patrol**
8.00 **Highway Patrol**
11.00 **Neighbourhood Blues**
12.00 NOON **The Chase Celebrity Special**
2.00 PM **Border Security: America's Front Line**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
6.00 **Caught Red Handed**
8.00 **911 Crisis Centre** Abby instructs a mother over the phone as she gives CPR to her son. **8.30** Supervisor Marra leads the team through a storm of emergencies.
9.00 **Mark of a Serial Killer** The story of two killers battling for the media's attention in Phoenix.
10.45 **World's Most Evil Killers** The story of how Jorge Avila Torrez killed three children.
11.40 **Killing Mum and Dad**
12.35 AM **Killer in My Village**
1.30 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131 119 28 119

7.00 AM **The Real Housewives of Atlanta**
8.00 **Project Bakeover**
9.00 **LittleBe**
12.00 NOON **Project Bakeover**
1.00 PM **The Real Housewives of Orange County** Five editions.
5.50 **Gino's Italian Express**
6.55 FILM **Picture Perfect** Romantic comedy with Jennifer Aniston. (1997, PG, 106min) ★★★
9.00 **Botched** A Southern belle seeks to look like Dolly Parton.
10.00 **The Real Housewives of Miami** New edition Alexia's family are torn apart as her fiancé and son go head-to-head.
11.00 **For Real: The Story of Reality TV** Andy Cohen delves into the history of unscripted television.
11.55 **Bridezillas**
12.50 **to 1.00** AM **Unwind with ITV**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Diagnosis Murder**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the mystery, including at: **6.00** *Thursday's Child:* Jessica gets bad news about her late husband. **7.00** *Murder, Plain and Simple:* Jessica visits Amish country. **8.00** *Tainted Lady:* Jessica's friend is accused of murder.
9.00 **Dead Over Heels: An Aurora Teagarden Mystery** Drama starring Candace Cameron Bure.
10.45 **Three Bedrooms, One Corpse: An Aurora Teagarden Mystery** Crime drama starring Candace Cameron Bure.
12.30 AM **Body of Proof**
2.30 **M*A*S*H** 2/24. (S2)
3.10 **Body of Proof** (S2)
3.50 **to 4.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

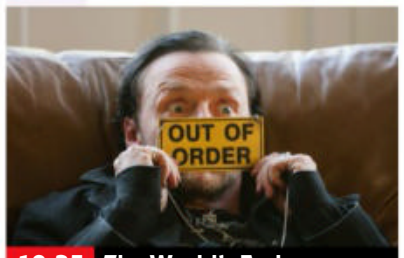
Turn over the page for Comedy Central

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **Motorsport UK**
8.00 **Extreme E Highlights**
10.00 **Lost Car Rescue** New edition Hunting down muscle cars.
11.00 **Tour de France Highlights**
12.00 NOON **LIVE Tour De France** Coverage of stage 15, which consists of a route from Les Gets Les Portes du Soleil to Saint-Gervais Mont-Blanc.
6.00 PM **The Motorbike Show** Henry Cole rides through the Lincolnshire Wolds.



10.35 The World's End

7.00 **Tour de France Highlights** Action from stage 15, from Les Gets Les Portes du Soleil to Saint-Gervais Mont-Blanc.
8.00 **FILM The Mummy Returns** Adventure sequel with Brendan Fraser. A couple confront old and new adversaries – an evil ancient Egyptian high priest and a fierce warrior who has been frozen in time. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.35 **FILM The World's End** Sci-fi comedy starring Simon Pegg. (2013, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.45 AM **FILM See No Evil, Hear No Evil** (1989, 15) ★★★
2.45 **Unwind with ITV**
3.40 **Robson and Jim's Icelandic Fly-Fishing Adventure**
4.35 **Fishing Allstars**
5.05 **Made in Britain**
5.30 **to 6.00** AM **The Protectors**

+1 hour 220 318 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Quantum Leap** (S5)
4.00 PM **Star Trek: Voyager** 3/26. The crew race to build a vessel able to withstand the atmosphere of a gas giant. **5.00** 4/26. The crew make a disturbing discovery when it learns Species 8472 are planning to invade Earth. **6.00** 5/26. Neelix attempts to console a girl coming to terms with the prospect of life without her mother. (S5)

10.00 Hellraiser

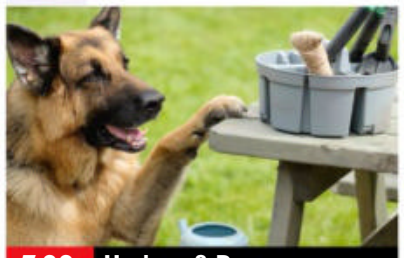
7.00 **Star Trek: Voyager** *Timeless:* 6/26. Years after *Voyager* crashed, Chakotay and Kim try to change the past.
8.00 **Star Trek: Voyager** *Infinite Regress:* 7/26. Seven of Nine begins to lose her mind after being attacked by a Borg device.
9.00 **Star Trek: Voyager** *Nothing Human:* 8/26. The crew consider calling an untrustworthy doctor to save Torres' life. (S5)
10.00 **FILM Hellraiser** Horror with Andrew Robinson and Clare Higgins. (1987, 18, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **The Ark** 9/12. Loyalties are tested when discord gives way to deadly mutiny. **1.00** AM 10/12. The situation onboard *Ark One* deteriorates after crew members are taken hostage. (S1)
2.00 **The Outpost** 8-10/13. (S2)
5.00 **to 6.00** AM **Star Trek: Voyager**

+1 hour 241 320 130

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S1)
10.00 **Death in Paradise** 4-7/8. (S3)
2.00 PM **Inspector George Gently** 3/4. A woman's murder is linked to stolen passports. (S2)
4.00 **Miss Fisher's Murder Mysteries** 7/8. The practice partner of a rising tennis star is fatally bitten by a spider. **5.00** 8/8. Phryne and Jack race to save Baron Fisher. (S3)
6.00 **The Coroner** 7/10. Lighthaven is stunned when a teenage girl appears to return from the dead. (S1)


7.00 Hudson & Rex

7.00 **Hudson & Rex** New episode *The Date Escape:* 7/20. Two killers escape from St. John's women's penitentiary.
8.00 **Hudson & Rex** New episode *Bury The Lead:* 8/20. Donovan's daughter investigates a murder at university. (S5)
9.00 **Death in Paradise** *Beyond the Shining Sea – Part One:* 5/8. A festival queen is killed at an annual celebration.
10.00 **Death in Paradise** *Beyond the Shining Sea – Part Two:* 6/8. Tragedy strikes close to home for the team. (S8)
11.00 **Smother** 6/6. Val wants to confront Alanna, but realises a more dangerous threat is brewing closer to home. (S2)
12.10 AM **The Coroner** As 6pm.
1.10 **Miss Fisher's Murder Mysteries** As shown at 4pm.
2.10 **to 4.00** AM **Evil**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.00 AM **Desmond's**
7.40 **Citizen Khan**
8.55 **Only Fools and Horses**
12.20 PM **Only Fools and Horses** Ten episodes, including at: **3.40** The Trotters help a pregnant damsel in distress. **4.20** Del cashes in on a miracle at the local church. **5.00** The Trotters are caught up in an attempted robbery. **5.40** The Trotter brothers fall for the same woman. **6.20** Rodney's plans to make a film are spoiled by Del-Boy.

9.40 The Vicar of Dibley

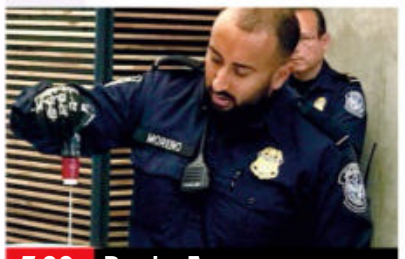
7.00 **Only Fools and Horses** A friend offers Del a share in his business empire Down Under. **7.40** The Trotters meet a pregnant German woman in need of help.
8.20 **Dad's Army** Jones misplaces £500 donated by local shopkeepers.
9.00 **Dad's Army** Mainwaring and the platoon dress as firemen to take part in an initiative exercise.
9.40 **The Vicar of Dibley** With a guest appearance by Kylie Minogue.
10.20 **Billy Connolly Does** Never buy a house with mattresses in the garden.
11.20 **The Office** Brent and Finchy resolve to beat Tim and Ricky at the annual quiz, not caring that it is Tim's birthday.
12.00 M'T **Upstart Crow**
1.20 AM **Billy Connolly Does**
2.30 **The Office** As 11.20pm.
3.00 **to 4.00** AM **Upstart Crow**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Rick Stein's Far Eastern Odyssey** From Bangladesh.
9.00 **Abandoned Engineering**
11.00 **Top Gear** The team test the reliability of used Alfa Romeos. **12.00** NOON Japan's Bullet Train races the Nissan GT-R. **1.00** PM Vehicles bought for the price of a Ford Mondeo.
2.00 **Top Gear: Polar Challenge** Canada to the North Pole.
3.00 **Australian Ninja Warrior**
6.00 **Border Force: America's Gatekeepers**


7.00 Border Force

7.00 **Border Force: America's Gatekeepers** A new recruit uncovers 12kg of cocaine hidden in a car that she has stopped.
8.00 **QI XL** Guests Jo Brand, Colin Lane, David Mitchell and regular panellist Alan Davies try to answer host Stephen Fry's questions.
9.00 **Have I Got a Bit More News for You** Comedian Ria Lina and journalist Matt Chorley join host Alexander Armstrong.
10.00 **All Girls Live at the Apollo** A female-only special, with Jo Brand, Joan Rivers, Aisling Bea and Kerry Godliman.
11.00 **QI XL** With Phill Jupitus, Teri Hatcher and Danny Baker.
12.00 M'T **Red Dwarf** Triple bill.
2.00 AM **Comedians Giving Lectures** With Geoff Norcott.
2.35 **Have I Got a Bit More News for You** As shown at 9pm.
3.25 **to 4.00** AM **Lazy Boy Garage**

+1 hour 211 327 57

7 PM **8 PM** **9 PM** **10 PM**

4seven

137 143 49 127

9.00 AM **Four in a Bed**
2.00 PM **A Place in the Sun**
3.00 **A Place in the Sun: Home or Away**
4.00 **A Place in the Sun**
8.00 **Five Star Kitchen: Britain's Next Great Chef – The Final** 6/6. The remaining chefs run the Palm Court restaurant for one night.
9.00 **Bake Off: The Professionals** 2/10. The five remaining teams re-imagine some classic treats.
10.00 **24 Hours in A&E** Staff treat Kaeden, a 16-year-old battling a serious childhood illness.
11.05 **Sky Coppers** The work of the West Midlands Police Drone Unit.
12.05 AM **Murder in the Alps**
3.15 **Jamie's One-Pan Wonders** Chicken pie.
4.10 **to 4.40** AM **Supermarkets Unwrapped: The Vegan Aisle**

5USA

141 141 120/162 21 129

9.00 AM **Columbo** Triple bill.
1.35 PM **Columbo** Four episodes, including at: **5.05** *Murder, Smoke and Shadows:* The shabby sleuth tries to expose a film director who murdered an old friend. **7.00** *Murder with Too Many Notes:* The sleuth tries to prove an Oscar-winning composer has murdered his assistant.
9.00 **NCIS** *Better Angels:* 7/24. Gibbs helps his father track down an old friend. (S11)
10.00 **Law & Order: Special Victims Unit** *Community Policing:* 5/23. Three officers are put on trial after an unarmed black man is shot. (S17)
11.00 **Law & Order: Special Victims Unit** (S17)
12.00 M'T **NCIS** (S12)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128 126 32 131

8.00 AM **Traffic Cops**
10.00 **Nightmare Tenants, Slum Landlords**
3.00 PM **Traffic Cops**
5.00 **Police Interceptors** Burglars steal the keys to some luxury cars. **6.00** A dog handler and the firearms team find themselves in a stand-off. **7.00** Officers go in pursuit of a drunk driver. **8.00** The firearms team mobilise to tackle an armed suspect.
9.00 **FILM Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★
11.10 **FILM Double Jeopardy** Crime thriller. (1999, 15, 105min) ★★★
1.20 AM **A&E After Dark**
2.15 **Killer at the Crime Scene** Documentary.
3.05 **GPs: Behind Closed Doors** Documentary.
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228 326 141

5Action

150 130 33 132

9.00 AM **Trucking Hell**
10.00 **WWE SmackDown Highlights** Recent action.
11.00 **WWE Raw Highlights**
12.00 NOON **Entertainment News** Round-up.
12.10 PM **World's Deadliest Weather: Caught on Camera** Documentary.
1.20 **FILM The Bridge at Remagen** World War Two drama. (1968, PG, 116min) ★★★
3.40 **FILM One-Eyed Jacks** Western thriller. (1961, PG, 141min) ★★★
6.45 **FILM Ben-Hur** Ancient Roman drama. (2016, 12, 130min) ★★★
9.00 **FILM Lethal Weapon** Action thriller starring Mel Gibson. (1987, 15, 110min) ★★★★
11.15 **FILM Driven to Kill** Action thriller starring Steven Seagal. (2009, 18, 94min) ★★
1.20 AM **Sinkholes**
3.20 **to 5.00** AM **Outback Truckers**

5ACTION has moved here

W

132 827 125 25 156

6.10 AM **Tipping Point**
12.00 NOON **Wife Swap USA** New editions Triple bill.
3.00 PM **My Family**
5.00 **Miranda** Triple bill.
7.00 **Nurses on the Ward**
8.00 **Katie Piper's Jailhouse Mums** Katie travels to Illinois, where one in 20 children have an incarcerated parent.
9.00 **Killer Women with Piers Morgan** Piers travels to Homestead Correctional Institution to meet Amber Wright.
10.00 **Stacey Dooley Investigates: Second Chance Sex Offenders** Rehabilitation for sex offenders in Florida.
11.00 **Inside the Operating Theatre** Documentary.
12.00 M'T **Life and Birth**
1.30 AM **Plastic Surgery Undressed**
2.30 **to 3.00** AM **Inside the Ambulance**

+1 hour 232 325

Drama

143 116 20 158

7.05 AM **Birds of a Feather**
7.35 **The Bill**
12.35 PM **Call the Midwife**
1.35 **Dickensian**
3.30 **One Foot in the Grave**
4.40 **Catherine Cookson's The Fifteen Streets**
7.00 **Sister Boniface Mysteries** *Dead Air:* 8/10. Sister Boniface investigates a shocking murder at a groovy pirate radio station. (S2)
8.00 **Jonathan Creek** *The Judas Tree:* A crime writer's house holds a dark secret.
10.00 **Whitechapel** 5/6. Part one of two. Buchan is kidnapped. **11.00** 6/6. Part two of two. The team suspect a gang of cannibalistic killers are at work.
12.00 M'T **Luther** 1/4. (S5)
1.20 AM **Broken** 5/6. (S1)
2.45 **to 4.00** AM **Great Expectations**

+1 hour 243 316 60

SUNDAY Entertainment

Your GREAT! movie channels are now here

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Cyprus.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **A Place in the Sun**
3.00 PM **The Hotel Inspector** Alex Polizzi heads to Cornwall.
4.00 **Celebrity Antiques Road Trip** Triple bill.
7.00 **The Yorkshire Auction House** Angus discovers a mysterious 17th century artwork.
8.00 **Dr Pimple Popper** A concerning growth that looks like raw meat.
9.00 **The Bad Skin Clinic**
10.00 **World's Tallest Couple: Body Bizarre** A record-breaking married couple.
11.00 **The Dead Files**
12.00 M'T **Death Walker with Nick Groff**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge
145 139 48 146

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 **Bullseye** Four editions.
12.00 NOON **Family Fortunes**
1.00 PM **Dickinson's Real Deal** Old banknotes go up for sale in Shropshire.
2.00 **Play Your Cards Right**
3.00 **Lily Savage's Blankety Blank** Triple bill of the game show.
5.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** *Emmerdale*'s Christopher Bisson, retired rugby player Gareth Thomas, BBC Breakfast presenter Naga Munchetty and McFly drummer Harry Judd take on a trivia expert for charity.
10.00 PM **to 6.00** AM **The Chase**

GREAT! action
323 426 42 305

6.00 AM **FILM Air Collision** Drama. (2012, PG) ★
8.00 **Bombers of the Second World War**
8.55 **Wings at War: Fight for Britain** Documentary.
10.00 **FILM Steel Tempest** Drama. (2000, 15) ★★
11.45 **FILM Paratrooper** Action adventure. (1953, PG, 88min) ★★
1.35 PM **FILM Suicide Mission** Drama. (1956, U) ★★
3.05 **FILM Sahara** Drama. (1943, b/w, PG) ★★★
5.10 **FILM Bamboo Prison** Drama. (1954, PG) ★★
6.50 **FILM Castle Keep** (1969, 15) ★★★
9.00 **FILM Streetfighter** Drama. (1994, 12) ★★
11.05 **FILM Kickboxer: Vengeance**(2016) ★★
12.55 AM **FILM End of the World** (2013, 12) ★★★
2.50 **to 4.00** AM **FILM The Traitors** (1962) ★★★
+1 hour 324

GREAT! movies
321 425 34 302

9.10 AM **FILM Presumed Guilty** Drama. (2016, 15, 102min) ★★
11.15 **FILM Revolution** Epic drama. (1985, PG) ★
1.40 PM **FILM Les Misérables** Period drama. (1998, 12, 134min) ★★
4.25 **FILM Vertical Limit** Adventure thriller. (2000, 12, 124min) ★★★
6.45 **FILM The Net** Thriller. (1995, 12, 115min) ★★★
9.00 **FILM Heist** Crime thriller starring Gene Hackman. (2001, 15, 107min) ★★★★
11.15 **FILM The Hatton Garden Job** Drama. (2017, 15, 93min) ★★
1.20 AM **FILM Personal Shopper** Thriller. (2016, 15, 105min) ★★★★
3.40 **to 6.00** AM **FILM Kramer vs Kramer** Drama. (1979, PG, 104min) ★★★★★
+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM **FILM Surprised by Love** (2015, PG) ★★
8.00 **FILM Love & Where to Find It** (2021, PG) ★★
10.00 **FILM A Romance Wedding** (2020) ★★
12.00 NOON **FILM Christmas Catch** (2018, PG) ★★
2.00 PM **FILM Seasoned With Love** Comedy. (2021, PG, 90min) ★★
4.00 **FILM A Love Yarn** Comedy. (2021, PG) ★★
6.00 **FILM Love Knots** Romantic comedy. (2021, PG, 90min) ★★
8.00 **FILM Farmer Seeking Love** Romantic comedy. (2022, PG, 90min) ★★
10.00 **FILM Dater's Handbook** Comedy. (2016, U) ★★
12.05 AM **FILM Undercover Bridesmaid** (2012) ★★
1.35 **FILM All Things Valentine** Comedy. (2016, PG, 83min) ★★
3.05 **to 4.00** AM **Highway to Heaven**
+1 hr 320 63 304

Legend
148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 **FILM Wyvern** Horror. (2009, 15, 84min) ★★
9.50 **Legend Lowdown**
10.00 **Star Trek: Deep Space Nine** 13-17/20. (S1)
3.00 PM **Killer Wave** (S1)
6.40 **FILM Premonition** Supernatural thriller. (2004, 15, 90min) ★★
8.30 **The Twilight Zone** (S1)
9.00 **FILM The Invisible Man Returns** Horror starring Vincent Price. (1940, b/w, PG, 78min) ★★
10.45 **FILM Frankenstein Meets the Wolf Man** Vintage horror. (1943, b/w, PG, 73min) ★★
12.15 AM **FILM Cabin Fever** Horror remake. (2016, 15, 99min) ★
2.10 **FILM An American Werewolf in Paris** Horror sequel. (1997, 15, 102min) ★★
4.00 **to 4.30** AM **The Twilight Zone**

DMAX
172 169 38 150

6.00 AM **Kindig Customs**
8.00 **Extreme Car Hoarders**
9.00 **Goblin Works Garage**
10.00 **Jade Fever**
12.00 NOON **Yukon Gold**
3.00 PM **Aussie Gold Hunters**
5.00 **Life Below Zero**
6.00 **The Dino Hunters**
7.00 **Expedition Bigfoot**
8.00 **NASA's Unexplained Files** Two astronauts face the prospect of an agonising death.
9.00 **These Woods Are Haunted** A teenager is attacked by a dogman.
10.00 **Portals to Hell**
11.00 **World's Tiniest Brothers: Body Bizarre**
12.00 M'T **Monsters Inside Me**
1.00 AM **Marooned with Ed Stafford**
2.00 **Teleshopping**
4.00 **Insane Pools: Off the Deep End**
5.00 **to 6.00** AM **Baggage Battles**
+1 hour 258 369

Food Network
140 190 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Valerie's Home Cooking** Eight editions.
12.00 NOON **Making of Magnolia Table with Joanna Gaines**
1.00 PM **James Martin's United Cakes of America** Four editions.
3.00 **The Great British Bake Off** Five editions.
8.00 **Rachel Allen: Bake!**
9.00 **Jamie's Money Saving Meals** Jamie uses frozen fish in a tikka curry. **9.30** A piri piri pork belly on a budget.
10.00 **Mystery Diners** Rumours of unauthorised late-night staff parties. **10.30** Encountering problem employees.
11.00 **Mystery Diners**
1.00 AM **Diners, Drive-Ins and Dives** Double bill.
2.00 **to 3.00** AM **Bill's Tasty Weekends**
+1 hour 240 149

Comedy Central
112/113 132 345 360

8.00 AM **Friends** (S4&5)
7.00 PM **Friends** 12/24. Monica is annoyed by the fake laugh Chandler uses at work. **7.30** 13/24. Phoebe meets her biological father for the first time. **8.00** 14/24. Chandler and Monica's relationship finally becomes public knowledge. **8.30** 15/24. Ross makes a bad impression on his new neighbours. (S5)
9.00 **FILM Midnight Run** Comedy starring Robert De Niro, Charles Grodin, Yaphet Kotto and John Ashton. (1988, 18, 122min) ★★★★
11.30 **Jack Whitehall Live**
1.20 AM **Reno 911!** (S6)
2.20 **South Park** (S9)
3.20 **Rhod Gilbert's Growing Pains**
4.10 **to 5.00** AM **Joel & Nish vs the World**
+1 hour 212/213 332

Comedy Cen. Extra
127 154

6.00 AM **Guessable?**
7.00 **Teleshopping**
9.00 **Guessable?**
11.00 **Becker** (S3&4)
7.00 PM **Becker** 8/24. Reggie enjoys a meal at Becker's expense. **7.30** 9/24. Laura puts Becker on the spot. **8.00** 10/24. John performs an act of Christmas charity. **8.30** 11/24. Two men request a prescription for marijuana. (S4)
9.00 **Friends** 21/24. A bad restaurant review upsets Monica. **9.30** 22/24. Chandler falls asleep at the premiere of Joey's film. **10.00** 23/24. Rachel finally goes into labour. **10.30** 24/24. Rachel finally gives birth to a baby girl. (S8)
11.00 **Friends** 1-6/24. (S9)
2.10 **Last Man Standing**
3.10 **to 6.00** AM **The Middle**

Blaze
164 174 64 162

6.00 AM **Swamp People**
7.00 **Book of Secrets with Lance Reddick**
8.00 **The Curse of Civil War Gold** Confederate gold.
9.00 **UFO Town**
10.00 **Bob Lazar: Area 51 & Flying Saucers**
12.00 NOON **Craig Charles: UFO Conspiracies**
2.00 PM **MysteryQuest**
7.00 **Amelia Earhart: The Lost Evidence** Claims that aviator Amelia Earhart was captured.
9.00 **Book of Secrets with Lance Reddick**
10.00 **Weird or What? with William Shatner**
11.00 **Paranormal: Caught on Camera**
12.00 M'T **Swamp People**
1.00 AM **Court Cam**
2.00 **Hardcore Pawn**
3.00 **Wicked Tuna: North v South**
5.00 **to 6.00** AM **Irish Pickers**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **GPs: Behind Closed Doors**
12.00 NOON **Ben Fogle: New Lives in the Wild**
3.00 PM **Dinosaur with Stephen Fry**
7.00 **Isle of Wight: Jewel of the South** Featuring wild swimmers who brave the freezing Solent.
8.00 **One Foot in the Grave: 30 Years of Laughs** A celebration of David Renwick's classic sitcom.
9.30 **TV's 30 Most Complained About Moments** The British TV programmes that attracted the highest number of complaints.
11.30 **When Kids TV Goes Horribly Wrong**
1.30 AM **Ian Hislop's Trains That Changed the World** Double bill.
3.20 **Eggheads** Quiz show.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **My Lottery Dream Home** Six editions.
10.00 **Building the Dream**
1.00 PM **Building the Dream**
3.00 **A Place in the Sun** A couple want a home on the Costa Blanca. **4.00** A holiday home in Spain's Costa del Sol. **5.00** A couple search for a home in Lanzarote. **6.00** A holiday home in Spain's Costa Tropical. **7.00** A single mother seeks a holiday home on Spain's Costa del Sol.
8.00 **Your Home Made Perfect** Architects compete to win a commission to remodel a Wiltshire home.
9.00 **A Place in the Sun** Advice on buying a second home abroad.
1.00 AM **First Time Fixer** Transforming homes.
2.00 **to 4.00** AM **Building the Dream**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
12.00 NOON **Something's Killing Me** Double bill.
2.00 PM **Medical Detectives** The discovery of vital evidence helps officers piece together a case. **2.30** The body of a missing woman is found twenty years later. **3.00** Police dogs trace a killer's scent and reveal a twisted perpetrator. **3.30** An investigation into a deadly blaze. **4.00** Investigating a victim unsuspectingly poisoned with arsenic. **4.30** How investigators used a reconstructive process to catch a killer.
5.00 **Judge Judy** Back-to-back editions of real-life small-claims cases.
12.05 AM **World's Most Unexplained...**
1.00 **Psychic Private Eyes**
4.00 **Something's Killing Me**
5.25 **to 6.00** AM **Judge Judy**

TLC
133 133 828 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: UK** Reality series.
10.00 **Flip or Flop**
11.00 **Rock the Block**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My 600lb Life**
3.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **Sister Wives**
6.00 **Home Town**
7.00 **Good Bones**
8.00 **Dr Pimple Popper**
10.00 **Dr Pimple Popper: Reload** Skin masses.
11.00 **Dr Pimple Popper**
12.00 M'T **Body Bizarre**
1.00 AM **My Strange Addiction** Double bill.
2.00 **The Bad Skin Clinic**
3.00 **Body Bizarre**
4.00 **Good Bones**
5.00 **to 6.00** AM **Generation Drag**
+1 hour 233 365

HorrorXtra
317 171 69 138

8.00 AM **FILM Firequake** Sci-fi disaster thriller. (2014, 12, 90min) ★
10.00 **FILM Troy: Odyssey** Fantasy starring Dylan Vox and Lara Heller. (2017, PG, 90min) ★★
12.00 NOON **FILM Earthfall** Sci-fi thriller starring Raffaello Degruttola. (2015, 12, 89min) ★★
2.00 PM **FILM Fire Serpent** Sci-fi horror thriller with Nicholas Brendon. (2007, 15, 89min) ★★
4.00 **Battlestar Galactica**
9.00 **FILM St. Agatha** Horror thriller starring Sabrina Kern and Carolyn Hennesy. (2018, 15, 103min) ★★
11.05 **FILM Tales from the Lodge** Horror comedy with Mackenzie Crook and Dustin Demri-Burns. (2019, 15, 93min) ★★
1.00 **to 3.00** AM **FILM St. Agatha** As 9.00pm.
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Four Weddings**
9.00 **Celebrity Four Weddings** Reality show.
10.00 **Merlin** 1-9/13. (S5)
7.00 PM **Merlin** *The Kindness of Strangers:* 10/13. Morgana seeks help from the powerful wizard Alator in her bid to find Emrys. (S5)
8.00 **Road Wars** Kev and Waller are faced with a drug addict in Windsor. **9.00** Two officers attempt to defuse a crisis in Bracknell. **10.00** Two officers are called to deal with a pub brawl.
11.00 **Paramedics** Four editions of the documentary following the daily work of ambulance crews.
3.00 AM **Paramedics: Life on the Line**
3.55 **Four Weddings**
4.45 **to 6.00** AM **All Hail King Julien**

E!
159 159 835 160

7.00 AM **The Drama Queen**
11.00 **Botched** Eight editions of the series, including at: **5.00** PM The doctors help a woman whose nose was botched. **6.00** Dr Nassif tries to fix a former boxer's nose.
7.00 **Keeping Up with the Kardashians** Kourtney is angry that Scott has started hanging out with Kylie's boyfriend. **8.00** Khloe is last to hear that Rob is moving into a house of his own. **9.00** Jokes made by Rob on social media are not taken lightly. **10.00** Kendall, Kylie and Khloe undergo a prosthetics makeover. **11.00** Khloe struggles following her divorce.
12.00 M'T **Hollywood Cycle**
1.00 AM **Ashlee+Evan**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

HorrorXtra is now found here

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 177 320 325

6.00 AM **Diesel Brothers**
12.00 NOON **Building Off the Grid** Six editions, including at: **3.00** PM A modern, off-grid lodge overlooking Wisconsin's south shores of Lake Superior. **4.00** Featuring an off-the-grid home within the edge of an active volcano. **5.00** A man wanting to live off-grid needs to finish his tricky build before the winter.
6.00 **Gold Divers** Following a team dredging for gold at the bottom of the Bering Sea.

7.00 Master Distiller

7.00 **Moonshiners: Master Distiller** New edition Three distillers make Pastis, a high-octane liquor from the 1930s.
8.00 **Naked and Afraid: Solo** One survivalist faces dehydration, another hypothermia and the last takes on African bees.
9.00 **Blowing Up History** Revealing how some of the most iconic buildings of the ancient worlds were built, stone by stone.
10.00 **Street Outlaws** Race night against J-Rod wraps up in a hard-fought battle, and Lutz invites his old crew to town.
12.00 M'T **Naked and Afraid** A challenge in a Mexican jungle. **1.00** AM Two survivalists take on Subic Bay in the Philippines. **2.00** One of the most dangerous locations in Africa. **3.00** Mexico's Baja desert.
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225 377

Animal Planet

162 178

8.00 AM **Extinct or Alive**
9.00 **How Do Animals Do That?**
10.00 **Saved By the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Guardians of Rescue**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** Amy debates emergency surgery for a French bulldog that ate its favourite toy.
6.00 **Extinct or Alive** Forrest Galante searches for the extinct Caribbean monk seal.

7.00 Amanda to the Rescue

7.00 **Amanda to the Rescue** Super Scootie has malformed legs amongst an array of other health issues and needs help.
8.00 **Crikey! It's the Irwins** A wallaby is injured and cannot walk, while Robert and Chandler pick up a new Komodo dragon.
9.00 **Crikey! It's the Irwins** Chandler must handle a koala crisis, while Terri lends a hand to care for an influx of puggles.
10.00 **Alaska: The Last Frontier** Atz helps his grandson in three tasks as a rite of passage.
11.00 **Swimming with Monsters with Steve Backshall** The naturalist hopes to encounter a great white shark.
12.00 M'T **Rugged Justice**
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 378

Nat Geographic

129 129 825 183

8.00 AM **Bid & Destroy**
8.30 **Made in a Day**
9.00 **WW2: Hell Under the Sea**
12.00 NOON **Nazi Megastructures**
2.00 PM **World War II: Secrets From Above** Double bill.
4.00 **Nazi Megastructures** Trains used to transport prisoners to concentration camps. **5.00** Hitler's plan to destroy Britain's air power and land troops in southern England.
6.00 **Hitler's Teen Killers** The teenage soldiers of Hitler's 12th SS Panzer Division.

8.00 Europe from Above

7.00 **World's Greatest Train Journeys from Above** The Bergen line, which passes along the fjords of Western Norway.
8.00 **Europe from Above** Series finale An aerial journey over the Alps region, featuring a hot air balloon festival.
9.00 **Hitler: The Lost Tapes of the Third Reich** As his Reich crumbles around him, Hitler retreats to the Führerbunker in Berlin.
10.00 **Hitler: The Lost Tapes of the Third Reich** How Hitler turned Germany into a dictatorship and expanded the Reich.
11.00 **Trafficked with...**
12.00 M'T **Sex for Sale: American Escort**
1.00 AM **To Catch a Smuggler**
2.00 **Bid & Destroy**
2.30 **Money Meltdown**
2.55 **Lords of War**
3.20 **Trials of the Wild**
3.45 **to 5.00** AM **Highlights**

+1 hour 229 383

Sky History

123 123 821 133 353 368

6.00 AM **Ancient Murders Unearthed** A partial skeleton.
7.00 **Cracking the Code**
10.00 **Footprints of Civilisation**
1.00 PM **Craig Charles: UFO Conspiracies** Five editions of the series, including at: **3.00** UFO encounters 'covered up' by the Pentagon. **4.00** The Rendlesham Forest incident of 1980. **5.00** Activity in Scotland.
6.00 **Queens of Ancient Egypt** The little-known daughter of Cleopatra and Antony.

7.00 Warriors

7.00 **Warriors** Terry Schappert examines a duel between samurai Musashi and arch-rival Kojiro in Japan in 1612.
8.00 **Warriors** Terry Schapert investigates the role of the warrior during the Ottoman invasion of Malta in 1565.
9.00 **Instruments of Death** A look at how weapons and body armour were developed and the impact of the War of the Roses.
10.00 **Forged in Fire** Four smiths must use their maths skills to work out how much steel is needed for their signature blades.
11.00 **The Proof Is Out There: Bermuda Triangle Edition** Tony Harris investigates the legendary Bermuda beast and analyses evidence of other bizarre sea creatures.
12.00 M'T **Weird or What? with William Shatner**
5.00 **to 6.00** AM **Forged in Fire**

+1 hour 223 333

Yesterday

155 155 846 129 27 159

6.10 AM **Nazi Hunters**
12.00 NOON **Great British Railway Journeys** Eight back-to-back editions.
4.00 PM **Bangers & Cash** Derek is reunited with the vehicle he took his driving test in – a 1957 Ford 100E Estate. **5.00** Derek's search for the unusual lands him a 1947 Lea Francis that is half-made of wood. **6.00** Dave and Jack head to East Yorkshire in order to pick up a dusty Alfa Romeo and a 1930s Jowett.

8.00 'Allo 'Allo!

7.00 **Bangers & Cash** Derek picks up a lovingly restored 1925 Calthorpe motorbike that he thinks is a work of art.
8.00 **'Allo 'Allo!** René arranges to sell the Fallen Madonna painting. **8.40** Fanny and Leclerc's wedding coincides with a rescue plan by Michelle. **9.20** General Von Klinkerhoffen is declared insane and taken to the hospital's psychiatric ward.
10.00 **Secrets of the London Underground** Tim Dunn and Siddy Holloway begin their journey at South Kensington.
11.00 **How to Build a Motor Car** Factory 56 opens its doors as we follow the ultimate configuration of a £120,000 Mercedes-Benz S-Class.
12.00 M'T **Bangers & Cash** A 1957 Ford 100E Estate.
1.00 **to 3.00** AM **Chris Tarrant: Extreme Railways**

+1 hour 255 329 74

Sunday

7 PM

8 PM

9 PM

10 PM

Quest

144 144 834 137 12 172

6.00 AM **Ghosts of Stonehenge**
7.00 **Conspiracies Decoded**
8.00 **The Repair Shop**
9.00 **Salvage Hunters: The Restorers** Garden ornaments.
10.00 **The Repair Shop**
11.00 **The Yorkshire Auction House**
1.00 PM **Salvage Hunters**
3.00 **Tom Kerridge Barbecues**
4.00 **The Hairy Bikers Go North**
5.00 **Find It, Fix It, Flog It**
7.00 **Shed and Buried**
8.00 **Salvage Hunters** Drew Pritchard scours a Cheshire barn full of interesting items.
9.00 **The Repair Shop at Christmas** Items spruced up include a dilapidated Chopper bike.
10.00 **Derelict Rescue** An abandoned Methodist chapel in Yorkshire.
11.00 FILM **Ransom** Thriller starring Mel Gibson and Rene Russo. (1996, 15, 121min) ★★★
1.30 AM FILM **Dumb and Dumberer: When Harry Met Lloyd** Comedy. (2003, 12, 85min) ★
3.30 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
9.00 **Hoarding: Buried Alive**
11.00 **Long Lost Family Australia**
1.00 PM **True Crime with Aphrodite Jones**
2.00 **Who the (Bleep) Did I Marry?**
5.00 **Say Yes to the Dress: UK**
7.00 **Long Lost Family** A woman hopes to meet her father.
8.00 **The Murder Tapes** A case in which a body was discovered lying on the side of a road.
9.00 **Deadly Women** How a night of debauchery led to a triple murder in February 2016.
10.00 **The Killer Closer** A man contacted emergency services claiming he shot his girlfriend.
11.00 **Forensic Detectives** Victims murdered by acquaintances. **12.00** M'T Examining scientific methods of solving crimes.
1.00 AM **Forensic Detectives**
2.00 **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **48 Hours** Doug Benefield.
6.00 **Shocking Crimes: Murder Book** A veteran investigator is brought out of retirement.
7.00 **Medical Detectives** Napa County police investigate a killing with an unlikely suspect. **7.30** A skeleton tests the forensic team's expertise. **8.00** Police recover evidence linked to a murder from a river. **8.30** An investigation is launched when a woman is found dead after selling her home and moving out.
9.00 **Cold Justice** A mother who went missing after a Fourth of July celebration. **10.00** Investigating a cold-blooded killing in Texas.
11.00 **Injustice with Nancy Grace**
1.00 AM **Medical Detectives**
3.00 **48 Hours** Doug Benefield.
3.45 **Shocking Crimes: Murder Book** Documentary.
4.35 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122 122 820 121 349 364

6.00 AM **Motorway Patrol**
7.30 **Road Wars** Vehicle crime.
8.30 **Caught Red Handed**
10.00 **How I Caught the Killer**
11.00 **Britain's Most Evil Killers**
1.00 PM **What the Killer Did Next**
2.00 **World's Most Evil Killers**
3.00 **Killer in My Village**
4.00 **Murders That Shocked the Nation** Josef Fritzl's crimes.
5.00 **World's Most Evil Killers**
7.00 **The Real Manhunter** The murder of book dealer Adrian Greenwood in 2016.
8.00 **How I Caught the Killer** Lifting the lid on police murder investigations.
9.00 **Catching a Serial Killer: Sam Little** Journalist Beth Karas follows America's most prolific serial killer.
11.00 **Mark of a Serial Killer**
12.00 M'T **Murdered at First Sight**
1.00 AM **Murder Next Door**
2.00 **Twisted Killers**
3.00 **Road Wars** Vehicle crime.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Hadrian** The Roman emperor.
9.50 **Invasion** Triple bill of editions.
1.00 PM **Beautiful Serengeti**
1.45 **Normandy '44: D-Day and the Battle for France**
4.55 **Invasion** Sam Willis reveals a story of invasion in Britain. **6.00** Recounting the tale of King Louis the Lion. **7.05** The French plans to invade Britain by balloon.
8.10 **Normandy '44: D-Day and the Battle for France** James Holland and Mike Simpson examine the preparations for D-Day. **9.15** An analysis of the Canadians first encounters with the Waffen SS. **10.20** James Holland and Mike Simpson turn their attention to Operation COBRA.
11.25 **Beautiful Serengeti** Examining the heavy price the young pay in hostile takeovers.
12.00 M'T **Putin and the Presidents**
1.15 **to 2.00** AM **Beautiful Serengeti**

SUNDAY

Sky Documentaries

121 121 819 188 352 367

6.00 AM **Discovering**
8.00 **Jason Isbell: Running With Our Eyes Closed**
10.00 **The Apollo** Documentary.
12.00 NOON **JFK Revisited: Through the Looking Glass**
2.20 PM **To End All War: Oppenheimer and the Atomic Bomb** The true story of physicist J Robert Oppenheimer.
4.10 **Angel City** An NWSL debut.
5.20 **Alexia: Labor Omnia Vincit**
6.20 **Lionesses: How Football Came Home** The inside story of the England team's triumph at the Women's Euro 2022.
8.00 **The Good Fight Club** The pressure is on at the end of Team Underground's season.
9.00 **Right to Fight** The pioneers of women's boxing in the 1970s.
10.50 **Brazil 2002** Following the Brazilian national team through the 2002 World Cup.
12.40 AM **Console Wars**
2.30 **Yusuf Hawkins: Storm Over Brooklyn** Documentary.
4.30 **Premier League Legends**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124 124 822 189 354 369

6.00 AM **Great Blue Wild**
11.00 **New Kids in the Wild**
1.00 PM **New Kids in the Wild**
4.00 **In for the Kill**
5.00 **Kingdom of the Tide**
6.00 **The Forgotten Forests of Malaysia** Ancient rainforests.
7.00 **Attenborough's Journey** The making of David Attenborough's series *First Life*.
8.00 **Beasts of the Big Blue** Series finale Humpback whales in the Cook Islands prepare for mating season.
9.00 **Extreme Animals: One Wild Day** How animals adapt to the extremes of the desert. **10.00** How Africa's animals survive on the grassy plains. **11.00** The rich diversity of animals to be found in jungles.
12.00 M'T **Beasts of the Big Blue**
1.00 AM **Attenborough's Journey**
2.00 **In for the Kill**
3.00 **Kingdom of the Tide**
4.00 **The Forgotten Forests of Malaysia** Ancient rainforests.
5.00 **to 6.00** AM **The Great Elephant Tale**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
9.00 **Ancient Superstructures**
10.00 **Auction Hunters**
12.00 NOON **WWII's Most Daring Raids** Documentary.
1.00 PM **River Hunters**
2.00 **Digging for Britain**
3.00 **Henry VIII's Lost Palace: Digging Up Britain**
4.00 **Secrets of Great British Castles** Edinburgh Castle.
5.00 **WW2 Treasure Hunters**
6.00 **Auction Hunters**
7.00 **World's Greatest Treasure Mysteries** Revolutionary War.
8.00 **Ultimate Mysteries**
9.00 **Curse of the Ancients**
10.00 **Bermuda Triangle: Into Cursed Waters**
11.00 **Ancient Aliens**
12.00 M'T **Paranormal: Caught on Camera** Documentary.
1.00 AM **Ultimate Mysteries**
2.00 **Salvage Kings**
3.00 **Curse of the Ancients**
4.00 **Bermuda Triangle: Into Cursed Waters**
5.00 **to 6.00** AM **Curse of the Ancients**

Crime+Investigation

156 156 837 131

6.00 AM **Court Cam**
9.00 **Killer in Plain Sight**
1.00 PM **Sunshine Slayings**
5.00 **Meet, Marry, Murder**
6.00 **Interrogation Raw** A woman who travelled with a serial killer.
7.00 **After the First 48** A father of two is shot dead while driving, and detectives retrace his steps as they attempt to figure out who killed him.
8.00 **Murder Detective** Former detective Graham Hill looks at the case of Jody Dobrowski.
9.00 **Cold Case Files** *Murder by Moonlight*: Two decades after the body of a missing woman is found in a field, DNA evidence puts a face to the killer.
10.00 **First Blood** A spotlight on serial killer Aileen Wuornos, also infamously known as the Damsel of Death.
11.00 **I Survived a Crime**
12.00 M'T **Deadly Deception**
2.00 AM **Taking The Stand**
3.00 **to 6.00** AM **Court Cam**

+1 hour 256 331

WILD

165 165 841 182

8.00 AM **Kingdom of the White Wolf** Triple bill of editions.
11.00 **Mega Piranha**
12.00 NOON **Snakes in the City**
2.00 PM **Animal Fight Club**
4.00 **Australia's Deadly Monsters**
6.00 **Secrets of the Zoo: Rhinos**
7.00 **Wild Florida** Exploring the state's wildlife and predators, including the harsh odds of survival facing a set of newborn alligator hatchlings.
8.00 NEW SERIES **When Sharks Attack** Circumstances behind the most severe shark attacks reported around the world.
9.00 **Bite, Sting, Kill** Footage of the world's deadliest animals, from arachnids to mammals.
10.00 NEW SERIES **Shark Attack Files** Investigators put theories to the test to figure out why sharks attack.
11.00 **Snakes in the City** A call-out involving one of the world's most venomous vipers.
12.00 M'T **When Sharks Attack**
2.00 AM **Monster Fish**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Unsolved History**
9.00 **Greatest Events of World War II** Triple bill of editions.
12.00 NOON **Combat Dealers**
3.00 PM **Devonport: Inside the Royal Navy** Double bill.
5.00 **Lost City of the Desert**
6.00 **Blowing Up History** Exploring the construction of the Inca capital of Cusco. **7.00** A Viking fortress lost underground for over 1,000 years is discovered.
8.00 **Tony Robinson's Wild West** Tony examines the story of the last days of the Sioux. **9.00** Exploring some of the myths of the American west.
10.00 **Unsolved History** The sinking of the *USS Maine* in 1898. **11.00** Experts explore what life was like during the Salem witch trials of 1692.
12.00 M'T **Combat Dealers: Reloaded** Triple bill of editions.
3.00 **to 5.00** AM **Salvage Hunters: The Restorers**

+1 hour 277 381

Eden

166 176

9.00 AM **Forbidden History**
10.00 **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
3.00 **Forbidden History**
4.00 **Abandoned Engineering** Ruined projects that have been put to alternative use. **5.00** Abandoned projects of the space age, including the HARP gun in Barbados. **6.00** The world's greatest disused railway bridges. **7.00** Exploring ship graveyards, including Scapa Flow in Orkney, where German warships were scuttled after World War One. **8.00** How Europe's most advanced power station became a film set.
9.00 **Forbidden History** Experts investigate what is hiding in the Vatican's secret archives.
10.00 **Abandoned Engineering**
3.00 **Forbidden History** As 9.00pm.
3.50 **Abandoned Engineering**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **True Crime with Aphrodite Jones**
7.00 **Teleshopping**
8.00 **Web of Lies** Six editions.
2.00 PM **Murder in the Heartland**
5.00 **American Monster** A look at the crimes of Audrey Frazier. **6.00** The crimes of Cynthia Phillips, who was turned in by a hitman hired to kill her husband. **7.00** The death of Charlie Billis in a car crash in 2009.
8.00 **Reasonable Doubt** The conviction of Evaristo Salas. **9.00** The story of Michael Crump, who was a drug dealer convicted of murdering another local dealer in an apparent robbery gone bad.
10.00 **Britain's Deadliest Kids** The murder of Sophie Lancaster. **11.00** The murder of 18-year-old mum Samantha Madgin.
12.00 M'T **People Magazine Investigates** Documentary.
1.00 AM **Blood Relatives**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Fast N' Loud**
9.00 **How It's Made** Six editions.
12.00 NOON **Arctic Ice Railroad**
5.00 PM **Destroyed in Seconds** Severe flooding topples a hotel. **5.30** Two cranes collapse at the same construction site. **6.00** Diners are hit by a tornado and a bus crashes. **6.30** A motorcycle without brakes crashes into a crowd.
7.00 **Wheeler Dealers** Mike and the team work on a 2002 Mercedes Benz E55 AMG. **8.00** Mike hopes to double the price on a Mercedes 300 TD. **9.00** Mike Brewer and Edd China restore a luxury 1983 Mercedes 500 SEC. **10.00** Mike Brewer conducts a complete refresh on a 1987 Mercedes 560SL. **11.00** Restoring a Mercedes-Benz SLK.
12.00 M'T **Wheeler Dealers: On the Road** A Mercedes 280SL.
1.00 AM **The Detonators**
2.00 **to 5.00** AM **Bitchin' Rides**

+1 hour 261/284

Films

HorrorXtra and GREAT! movie

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Emily** As 12.05am.
8.20 **Black Adam** Adventure. (2022, 12, 125min) ★★★
10.35 **Don't Worry Darling** Thriller. (2022, 15, 123min) ★★★
12.40 PM **Breaking Point** (2023)
2.25 **Armageddon Time** (2022)
4.25 **The Lost King** Comedy. (2022, 12, 108min) ★★★
6.15 PREMIERE **The Locksmith** Mystery drama starring Ryan Phillippe. *See review, page 23.* (2022, 15, 88min) ★★★

6.15 The Locksmith

8.00 **Breaking Point** Drama starring Karam Singh and Kelvin Clarke. Two estranged adopted brothers attempt to win a breakdancing contest. With Hannah John-Kamen. (2023, 12, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Armageddon Time** Drama starring Banks Repeta, Jaylin Webb and Anne Hathaway. A friendship between two students is tested by prejudices in 1980s New York. (2022, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Emily** Drama starring Oliver Jackson-Cohen. (2022, 15, 130min) ★★★★
2.35 **Sky Cinema Preview**
3.35 **It Is In Us All** Drama. (2022, 15, 92min) ★★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.15 AM **American Carnage**
8.05 **The Independent** Drama. (2022, 12, 108min) ★★★
10.00 **The Family** As 1.00am.
12.00 NOON **Nope** Sci-fi thriller. (2022, 15, 130min) ★★★★
2.15 PM **2 Guns** Action thriller. (2013, 15, 104min) ★★★
4.05 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
6.15 **10 Cloverfield Lane** Thriller with Mary Elizabeth Winstead. (2016, 12, 103min) ★★★★

8.00 King Kong

8.00 **King Kong** Peter Jackson's spectacular remake of the classic monster movie, starring Naomi Watts, Jack Black and Adrien Brody. A 1930s film crew travel to a mysterious, unexplored island and encounter the 'eighth wonder of the world' – a giant gorilla to whom the natives offer human sacrifices. (2005, 12, 187min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Black Phone** Horror starring Mason Thames, Ethan Hawke and Jeremy Davies. (2022, 15, 103min) ★★★
1.00 AM **The Family** Dark crime comedy starring Robert De Niro and Michelle Pfeiffer. (2013, 15, 109min) ★★★
3.05 **American Carnage** Horror comedy with Jenna Ortega. (2022, 15, 98min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.45 AM **Safe Haven** As 5.05am.
8.50 **Control** As shown at 12.40am.
11.00 **Dreamgirls** Musical with Jamie Foxx and Beyoncé Knowles. (2006, 12, 130min) ★★★★
1.15 PM **Selma** Fact-based drama. (2014, 12, 128min) ★★★★★
3.30 **Straight Outta Compton** Biopic of hip-hop group NWA starring O'Shea Jackson Jr. (2015, 15, 147min) ★★★
6.10 **Mr Holmes** Mystery starring Ian McKellen and Laura Linney. (2015, PG, 101min) ★★★★
8.00 **Manchester by the Sea** Drama starring Casey Affleck, Michelle Williams and Kyle Chandler. (2016, 15, 134min) ★★★★★
10.20 **Defiance** World War Two action drama starring Daniel Craig. Four Jewish brothers form their own partisan band with other refugees and wage a guerrilla war on the German army. (2008, 15, 137min) ★★★★
12.40 AM **Control** Music biopic of Ian Curtis, lead singer of post-punk band Joy Division. (2007, b/w, 15, 116min) ★★★★★
2.50 **A Journal for Jordan** Drama. (2021, 12, 131min) ★★
5.05 **to 7.05** AM **Safe Haven** Thriller. (2013, 12, 113min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.20 AM **The Cinema List: The 90s**
6.35 **After Yang** As 3.35am.
8.20 **The Host** Romantic thriller. (2013, 12, 127min) ★★★
10.40 **The Devil Inside** As 1.55am.
12.05 PM **The Cabin in the Woods** Thriller with Kristen Connolly. (2011, 15, 91min) ★★★★
1.45 **The Matrix: Resurrections** Sci-fi action fantasy sequel. (2021, 15, 148min) ★★★
4.15 **Super 8** Sci-fi mystery thriller. (2011, 12, 111min) ★★★★
6.10 **Ex Machina** Sci-fi drama starring Domhnall Gleeson, Alicia Vikander and Oscar Isaac. (2014, 15, 104min) ★★★★
8.00 **Elysium** Action thriller starring Matt Damon and Jodie Foster. (2013, 15, 107min) ★★★★
10.00 **Halloween Kills** Horror sequel starring Jamie Lee Curtis. Surviving victims of Michael Myers form a vigilante mob. (2021, 18, 105min) ★★★★
12.00 M'T **Halloween Ends** Horror sequel. (2022, 18) ★★★
1.55 AM **The Devil Inside** Horror thriller. (2012, 15, 79min) ★
3.35 **After Yang** Sci-fi drama. (2022, PG, 96min) ★★★★
5.25 **to 6.25** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

7.10 AM **A Tiger's Tail** As 2.25am.
8.40 **Spy Kids 3: Game Over**
10.15 **Lyle, Lyle, Crocodile** (2022)
12.15 PM **Stuart Little** Adventure. (1999, U, 84min) ★★★★★
1.50 **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★
4.00 **The Smurfs** (2011, U) ★★
5.45 **Willy Wonka and the Chocolate Factory** Musical. (1971, U, 100min) ★★★★
7.30 **A Monster Calls** Fantasy. (2016, 12, 108min) ★★★★

5.45 Willy Wonka and the...

A Monster Calls (film started at 7.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Four Kids and It** Family fantasy starring Matthew Goode and Paula Patton. A group of children on holiday in Cornwall meet a magical creature on the beach with the power to grant wishes. (2020, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Little Vampire** Animation with the voice of Louise Lacoste. (2020, PG, 85min) ★★★
1.00 AM **Spy Kids 3: Game Over** Sci-fi comedy adventure sequel starring Daryl Sabara. (2003, U, 84min) ★★★
2.25 **A Tiger's Tail** Family drama starring Will Spencer. (2014, U, 81min) ★★★
3.50 **Four Kids and It** As 9.35pm.
5.45 **to 6.05** AM **The Cinema List: Family Favourites**

Sky Cinema Action

307 307 407 507 521

6.45 AM **Warcraft** As 3.40pm.
8.50 **Impossible Missions**
9.40 **Morbius** (2022, 12) ★★
11.30 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
1.35 PM **Bad Boys for Life** Comedy sequel starring Will Smith. (2020, 15, 124min) ★★★
3.40 **Warcraft** Fantasy adventure. (2016, 12, 123min) ★★★
5.45 **The Legend of Zorro** Comedy adventure sequel. (2005, PG, 130min) ★★★

5.45 The Legend of Zorro

8.00 **Gladiator** Director Ridley Scott's ancient Roman epic starring Russell Crowe, Joaquin Phoenix, Connie Nielsen and Oliver Reed. A betrayed Roman general becomes a gladiator, intent on avenging his murdered family. (2000, 15, 154min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

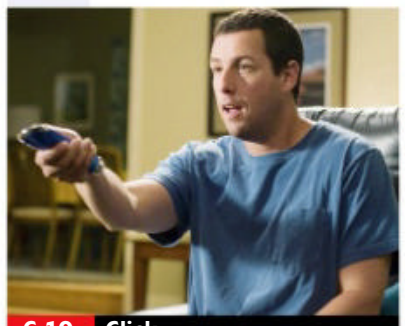
10.35 **13 Hours: The Secret Soldiers of Benghazi** Fact-based action thriller with John Krasinski. CIA security operatives fight to defend a US embassy in Libya from attack by extremists. (2016, 15, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **The Expendables 3** Action adventure sequel. (2014, 12, 126min) ★★
3.10 **Gladiator** As 8.00pm.
5.45 **to 7.30** AM **Welcome to the Punch** Crime action thriller. (2013, 15, 98min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.15 AM **We Broke Up** As 5.15am.
7.45 **Ride Along** As 1.45am.
9.30 **Ride Along 2** As 3.30am.
11.15 **Confess, Fletch** As 12.00m't.
1.00 PM **Kinky Boots** Comedy. (2005, 12, 107min) ★★★★
2.50 **Bad Neighbours** Comedy. (2014, 15, 93min) ★★★
4.30 **Bad Neighbours 2** Comedy sequel starring Seth Rogen. (2016, 15, 90min) ★★
6.10 **Click** Fantasy comedy. (2006, 12, 103min) ★★★★


6.10 Click

8.00 **Groundhog Day** Fantasy comedy starring Bill Murray and Andie MacDowell. A cynical TV weatherman finds himself reliving the same 24 hours over and over again. (1993, PG, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

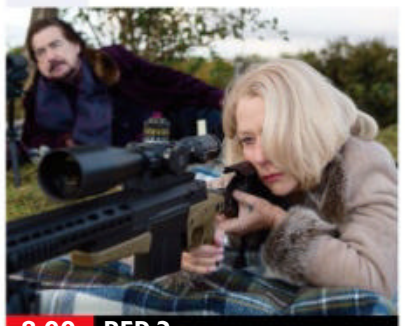
9.45 **The Terminal** Comedy drama starring Tom Hanks as a traveller from Eastern Europe who becomes stranded in New York's JFK airport terminal by a coup back home. (2004, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Confess, Fletch** Comedy. (2022, 15, 98min) ★★★★
1.45 AM **Ride Along** Comedy. (2014, 12, 97min) ★★
3.30 **Ride Along 2** Comedy sequel. (2016, 12, 102min) ★★
5.15 **to 6.40** AM **We Broke Up** Comedy starring Aya Cash. (2021, 15, 80min) ★★★

Sky Cinema Spies

309 309 409 509 523

6.10 AM **The Outfit** As 4.25am.
8.00 **Central Intelligence** (2016)
9.50 **RED 2** As shown at 8.00pm.
11.50 **The Bourne Legacy** Thriller sequel with Jeremy Renner. (2012, 12, 129min) ★★★
2.10 PM **Jason Bourne** (2016)
4.15 **xXx: The Next Level** Thriller sequel starring Ice Cube. (2005, 12, 97min) ★★
6.00 **The International** Crime thriller starring Clive Owen. (2009, 15, 113min) ★★★★


8.00 RED 2

8.00 **RED 2** Action comedy sequel starring Bruce Willis, John Malkovich, Mary-Louise Parker and Helen Mirren. A bunch of retired spies try to track down a missing nuclear bomb. With Catherine Zeta-Jones. (2013, 12, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

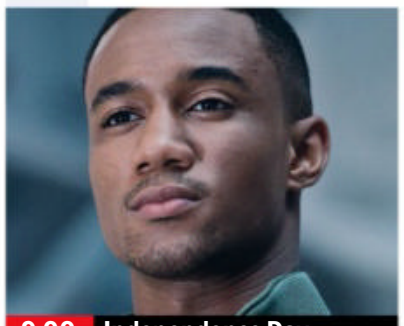
10.00 **Jason Bourne** Action thriller starring Matt Damon and Tommy Lee Jones. A former government operative is drawn out of hiding to uncover more truths about his father. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Hunt** South Korean thriller with Lee Jung-jae. Subtitled. (2022, 15, 125min) ★★★
2.25 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★
4.25 **to 6.20** AM **The Outfit** Crime drama starring Mark Rylance. (2022, 15, 105min) ★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Diary of a Wimpy Kid: The Long Haul** Comedy sequel. (2017, U, 91min) ★★
12.50 PM **Alpha** Period adventure. (2018, 12, 96min) ★★★
2.40 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
4.40 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★
6.45 **G.I. Joe: The Rise of Cobra** Adventure with Dennis Quaid (2009, 12, 113min) ★★★


9.00 Independence Day...

G.I. Joe: The Rise of Cobra (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Independence Day: Resurgence** Sci-fi adventure starring Jeff Goldblum and Jessie T Usher. Two decades after the world was saved from an alien attack, a second even deadlier invasion begins. (2016, 12, 120min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Hitman** Action thriller starring Timothy Olyphant. A bar-coded hitman goes on the run after he is double-crossed over the assassination of a politician. (2007, 15, 100min) ★★ **11 PM**
1.10 **to 3.05** AM **Better Things** British drama starring Liam McIlfatrick, Rachel McIntyre and Patricia Loveland. (2008, 15, 93min) ★★★

+1 hour 314 430 47 301

Sky Cinema Blockbusters

302 302 402 502 516

7.10 AM **The Karate Kid** Drama. (2010, PG, 140min) ★★★
9.35 **Annie** Musical remake. (2014, PG, 115min) ★★★
11.40 **Shrek the Third** Animation. (2007, U, 88min) ★★★★
1.20 PM **The Last Samurai** Action drama starring Tom Cruise. (2003, 15, 154min) ★★★★
3.55 **Top Gun** Aerial action drama. (1986, 12, 110min) ★★★

5.45 **Top Gun: Maverick** Action drama starring Tom Cruise. (2022, 12, 130min) ★★★★
8.00 **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy adventure based on the novel by JRR Tolkien, starring Elijah Wood and Ian McKellen. In the realm of Middle Earth, a young hobbit sets off on a quest to destroy a magical ring before it can fall into the hands of the powers of chaos. (2001, PG, 178min) ★★★★★

11.00 **Fast & Furious 7** Thriller sequel. (2015, 12, 132min) ★★★★
1.20 AM **Salt** Espionage thriller. (2010, 12, 99min) ★★★
3.05 **Divergent: Insurgent** Adventure sequel. (2015, 12, 116min) ★★
5.10 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Oh! What a Lovely War** Musical. (1969, PG) ★★★★
8.25 **Stand by Me** As 6.30pm.
10.00 **Cold Mountain** Romantic drama. (2003, 15, 152min) ★★★
12.35 PM **The Last of the Mohicans** Epic romantic adventure. (1992, 15, 122min) ★★★★
2.30 **The Remains of the Day** Merchant-Ivory period drama. (1993, U, 134min) ★★★★★

4.45 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
6.30 **Stand by Me** Drama with Wil Wheaton, River Phoenix, Corey Feldman and Kiefer Sutherland. (1986, 15, 89min) ★★★★★
8.00 **Love Story** Romantic drama starring Ali MacGraw and Ryan O'Neal as young lovers whose romance is struck by tragedy. (1970, PG, 100min) ★★★★
9.55 **Funny Face** Musical with Fred Astaire and Audrey Hepburn. (1956, U, 103min) ★★★★

11.55 **The Running Man** Adventure. (1987, 18, 101min) ★★★
1.50 AM **Young at Heart** Musical. (1954, U, 117min) ★★★
4.00 **Carry On Teacher** Comedy. (1959, b/w, U, 86min) ★★★
5.40 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.05 AM **DC Super Hero Girls: Legends of Atlantis** (2018)
7.35 **Rabbit Academy** As 12.25am.
9.05 **Secret Life of Pets** Animation. (2016, U, 83min) ★★★
10.35 **Lego Batman Movie** Animation. (2017, U, 104min) ★★★★
12.35 PM **Minions** Animated comedy. (2015, U, 91min) ★★★★
2.15 **Tarzan** Animated adventure. (2013, PG, 94min) ★★

4.00 **Minions: The Rise of Gru** Animated comedy prequel. (2022, U, 88min) ★★★
5.40 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
7.25 **Fireheart** Animated adventure with the voice of Olivia Cooke. (2022, U, 92min) ★★★
9.10 **Son of Bigfoot** Animation with the voice of Pappy Faulkner. (2017, PG, 92min) ★★★
10.55 **DC Super Hero Girls: Legends of Atlantis** Animated fantasy. (2018, PG, 75min) ★★★

12.25 AM **Rabbit Academy** Animated comedy adventure with the voices of Mary Murray and Luke Griffin. (2022, U, 76min) ★★★
1.55 **Tarzan** As shown at 2.15pm.
3.35 **Son of Bigfoot** As 9.10pm.
5.10 **to 6.10** AM **Sky Cinema Preview**

Movies 24

325 419

7.00 AM **A Family Christmas Gift** Drama. (2019, PG, 80min) ★★
9.00 **Christmas in Vienna** Romantic drama. (2020, U, 89min) ★★
11.00 **Christmas 9 To 5** Romantic drama. (2019, PG, 89min) ★★
1.00 PM **Mistletoe Magic** Romantic drama. (2019, PG, 85min) ★★
3.00 **If I Only Had Christmas** Drama starring Candace Cameron Bure. (2020, PG, 84min) ★

5.00 **Christmas by Starlight** Drama. (2020, PG, 89min) ★★
7.00 **Delivered by Christmas** Comedy starring Alvina August. (2020, PG, 84min) ★★
9.00 **Ghosts of Christmas Always** Fantasy comedy starring Kim Matula. A festive ghost is assigned to help a man rediscover his Christmas spirit, but things do not go according to plan. (2022, PG, 90min) ★★
11.00 **A Reservation for Christmas** Drama. (2019, PG, 86min) ★★

1.00 AM **Check Inn to Christmas** Drama starring Rachel Boston. (2019, PG, 84min) ★★
3.00 **to 5.00** AM **Cross Country Christmas** Festive drama. (2020, PG, 83min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Child in the House** Drama. (1956, b/w, U, 88min) ★★
7.40 **Swallows and Amazons** Adventure with Ronald Fraser. (1974, U, 92min) ★★★
9.30 **The Violent Men** Western. (1955, PG, 96min) ★★★
11.25 **Terminus** Documentary
12.10 PM **At the Earth's Core** Sci-fi adventure with Doug McClure. (1976, PG, 86min) ★★★

2.00 **Adventures of Robin Hood**
2.30 **The Larkins** 5/6. (S3)
3.00 **The Angry Silence** Drama. (1959, b/w, PG, 95min) ★★★
5.00 **The Footage Detectives**
6.00 **The Saint** 8/9. (S4)
7.00 **Treasure Island** Adventure with Orson Welles and Kim Burfield. (1971, U, 95min) ★★★
8.50 **Look at Life** Documentary.
9.00 **Van der Valk** 4/12. (S3)
10.00 **Bear Island** Adventure thriller starring Donald Sutherland. (1979, PG, 118min) ★★★

12.20 AM **Hennessy** Action thriller. (1975, 15, 99min) ★
2.25 **Fall of the House of Usher** Horror. (1950, b/w, PG) ★★
3.45 **The Heritage Chart Show with Mike Read**
4.50 **All In Good Fun**
5.45 **to 6.00** AM **Against the Tide**

Sunday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Super League Gold**
7.05 **LIVE NRL Dolphins v Penrith Panthers.** From Dolphin Stadium. Kick-off **7.05am**.
9.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
10.30 **LIVE Women's Ashes England v Australia.** Coverage of the second ODI in the multi-format series at Ageas Bowl in Southampton.
7.00 PM **LIVE DP World Tour Golf** Coverage of the fourth day's play of the Genesis Scottish Open from the Renaissance Club in North Berwick, where Xander Schauffele was victorious last year.
8.00 **LIVE World Matchplay Darts** Coverage of the evening session on the second day of the tournament, which takes place at Winter Gardens in Blackpool.
11.30 **LIVE PGA Tour Golf** Coverage of the fourth and final day's play of the Barbasol Championship from Keene Trace Golf Club in Nicholasville, Kentucky.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Gary Neville's Soccerbox**
10.00 **PL Retro** Chelsea v Man Utd.
12.00 NOON **Premier League Highlights** Back-to-back action from this season, including at:
2.00 PM Action from Manchester City v Aston Villa.
2.30 Manchester City v Chelsea.
3.00 Leeds United v Brentford.
3.30 **Premier League Highlights** Leeds United v Crystal Palace.
4.00 Newcastle United v Arsenal.
4.30 Newcastle Utd v Man Utd.
5.00 Newcastle United v Wolverhampton Wanderers.
5.30 Nottingham v Chelsea.
6.00 Nottingham v Man Utd.
6.30 Tottenham v Arsenal.
7.00 **Premier League Years**
9.00 **PL Special: The Centurions**
10.00 **Premier League Icons**
10.30 **PL Retro** Man Utd v Liverpool.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 1997/98**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** West Ham United v Blackpool in the 2011/12 Championship play-off final.
7.00 **EFL Rivalries**
8.30 **EFL** From the 2017/18 season.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
12.00 NOON **EFL Cup Highlights** Action from Chelsea v Tottenham Hotspur in the 2008 final.
2.45 PM **EFL Greatest Games**
3.00 **Retro League One** A chance to see Swindon Town v Sheffield United in the 2015 play-off semi-final second-leg match.
5.00 **Old Firm Derby Best Goals**
5.30 **SPFL: Edinburgh Derby Best Goals**
6.00 **SPFL Greatest Games**
9.00 **Old Firm Derby Best Goals**
9.30 **SPFL: Edinburgh Derby Best Goals**
10.00 **SPFL Greatest Games**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
1.00 AM **EFL Highlights**
2.00 **EFL** Sunderland v Wycombe.
3.00 **EFL Highlights**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Women's Ashes** Action from England v Australia.
7.00 **Ashes Memories**
7.30 **Ace: A Programme For Change**
8.00 **Women's Ashes** Action from England v Australia.
9.00 **Ashes Memories**
9.30 **Women's Ashes** Action from England v Australia.
10.30 **LIVE Women's Ashes England v Australia.** Coverage of the second ODI in the multi-format series which takes place at Ageas Bowl in Southampton.
7.00 PM **Secrets of Success** Nasser Hussain meets some of the most successful leaders in sport.
9.15 **Women's Ashes** England v Australia: Action from the second ODI in the multi-format series which took place at Ageas Bowl.
10.15 **Ashes Memories**
10.45 **Best of T20 Blast Finals Day**
11.00 **Women's Ashes**
12.00 M'T **Vitality T20 Blast Cricket**
4.00 AM **Ashes Memories**
4.30 **Ace: A Programme For Change**
5.00 **25 Years of Women's Cricket on Sky** Memorable moments.
5.25 **Ace: A Programme For Change**
5.50 **to 6.00** AM **Ashes Greats**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **DP World Tour Golf** Action from the Genesis Scottish Open.
8.00 **The Open Films: Woods 2006** Action from the 2006 Open Championship.
9.00 **DP World Tour Golf** Day three of the Genesis Scottish Open.
10.00 **LIVE DP World Tour Golf** Coverage of day four of the Genesis Scottish Open from the Renaissance Club in North Berwick, where Xander Schauffele was victorious last year.
8.00 PM **From Scratch: Cara Gainer**
8.15 **Chronicles of a Champion Golfer** Padraig Harrington.
8.45 **From Scratch: Cara Gainer**
9.00 **LIVE PGA Tour Golf** Coverage of the fourth and final day of the Barbasol Championship from Keene Trace Golf Club in Nicholasville, Kentucky.
12.00 M'T **DP World Tour Golf**
1.00 AM **The Open Films: McIlroy 2014**
2.00 **DP World Tour Golf**
3.00 **Chronicles of a Champion Golfer** Profiles of leading players.
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

BT Sport 1

413 413 870 | 527 | 408 430

6.30 AM **ESPN FC** Football news.
7.00 **AFL** A chance to see Sydney Swans v Western Bulldogs.
9.00 **Vanarama National League**
10.00 **Sport in Focus**
10.15 **What I Wore: Pep Guardiola**
10.30 **Joe Cole Cast**
11.00 **Classic Premier League** A review of the 2009/10 season.
12.00 NOON A review of the 2010/11 season.
1.00 PM **European Rally Championship Highlights** Action from Varmland, Sweden.
1.30 **Test Cricket Highlights** West Indies v India: The fourth day of the first Test in the two-match series from Windsor Park, Roseau.
2.30 **LIVE Test Cricket West Indies v India.** Coverage of the fifth and final day of the first Test in the two-match series which takes place at Windsor Park, Roseau.
11.00 **Baseball Tonight**
12.00 M'T **LIVE MLB Los Angeles Angels v Houston Astros.** Coverage of the American League match from Angel Stadium of Anaheim. Start-time **12.10am**.
3.30 AM **World Poker Tour Series**
5.30 **to 6.00** AM **BT Sports Reload**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **Test Cricket Highlights**
7.00 **PL Legends: Paolo Di Canio**
7.30 **Premier League Legends**
8.00 **Behind the Game**
8.30 **WSL Challenger Tour**
9.30 **BT Sports Reload**
9.45 **LIVE FIM JuniorGP Championship** Coverage of the latest round of the season, which takes place in Barcelona.
4.00 PM **Premier League Stories**
4.30 **WWE Friday Night SmackDown** Wrestling action.
6.00 **MLB: Off the Bat**
6.30 **LIVE MLB Baltimore Orioles v Miami Marlins.** Coverage of the inter-league match from Camden Yards. Start-time **6.35pm**.
9.30 **LIVE Major League Cricket Texas Super Kings v Washington Freedom.** Coverage of the T20 match from Grand Prairie Stadium in Grand Prairie, Texas.
1.30 AM **LIVE Major League Cricket Los Angeles Knight Riders v MI New York.** Coverage of the T20 match from Grand Prairie Stadium in Grand Prairie, Texas.
5.30 **to 6.00** AM **Currie Club**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **The High Performance Podcast** Jordan Henderson.
7.00 **UEFA Champions League Goals Show Retro** Chelsea v Barcelona from 2004/05.
8.00 **WWE Raw Highlights**
9.00 **WWE SmackDown Highlights**
10.00 **ESPN FC** Football news.
10.30 **UEFA Champions League Road to Glory** Archive action.
2.30 PM **UCL Road to Glory: Liverpool 2019** A look back at Liverpool's 2018/19 road to Champions League glory.
3.30 **AFL** A chance to see Carlton Blues v Port Adelaide Power.
5.30 A chance to see Geelong Cats v Essendon Bombers.
7.30 **30 for 30** A look at the rivalry between Greg LeMond and Bernard 'the Badger' Hinault.
9.00 **LIVE MLB Oakland Athletics v Minnesota Twins.** Coverage of the American League match, which takes place at RingCentral Coliseum. Start-time **9.07pm**.
12.30 AM **WWE SmackDown Highlights** Wrestling action.
1.30 **30 for 30**
5.30 **to 6.00** AM **BringBackSungWoo**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Top Rank Boxing Archive**
7.00 **World Matchplay Darts**
11.00 **NFL Bitesize Highlights**
1.00 PM **LIVE World Matchplay Darts** Coverage of the afternoon session on the second day of the tournament, which takes place at Winter Gardens in Blackpool.
5.00 **Top Rank Boxing Archive** Floyd Mayweather v Diego Corrales.
6.00 **Darts Gold** Colin Lloyd v John Part: Action from the 2005 Matchplay final.
6.15 Phil Taylor v Adrian Lewis: Action from the 2013 World Matchplay final in Blackpool.
6.30 **Black Arrows: The Next Generation** Deta Hedman explores diversity in darts and where the next generation of black players will come from.
7.30 **LIVE World Matchplay Darts** Coverage of the evening session on the second day of the tournament, which takes place at Winter Gardens in Blackpool.
11.30 **Darts Gold** Double bill.
12.00 M'T **Top Rank Boxing Archive**
1.00 AM **Flight 2022**
5.15 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **WNBA** Another chance to see Indiana Fever v Dallas Wings.
8.00 **Formula 1** Highlights of the British Grand Prix.
9.00 **Spirit of Yachting**
9.30 **Women's Ashes** Action from England v Australia.
10.30 **Spirit of Yachting**
11.00 **State of Origin Rugby League**
12.00 NOON **Betfred Super League Highlights** Top-flight action.
12.30 PM **Spirit of Yachting**
1.00 **LIVE Ladies European Tour Golf** Coverage of day three of the Aramco Team Series event from Centurion Club in London.
5.00 **The Rugby Championship**
7.10 **My Icon** Double bill.
7.30 **The Rugby Championship**
9.40 **Darts Top Five Moments**
9.45 **State of Origin Rugby League Highlights**
10.00 **Women's Ashes**
11.00 **Betfred Super League Highlights** Top-flight action.
11.30 **Spirit of Yachting**
12.00 M'T **Women's Ashes**
1.00 AM **World Matchplay Darts**
5.00 **Spirit of Yachting**
5.30 **to 6.00** AM **Betfred Super League Highlights**

BT Sport 4

421 421 876 | 530 | 411 434

6.00 AM **In Depth with Graham Bensinger**
7.00 **ESPN FC** Football news.
7.30 **Tigers United**
8.30 **MLB** A chance to see Philadelphia Phillies v San Diego Padres.
11.00 **30 for 30**
1.00 PM **MLB** Texas Rangers v Cleveland Guardians.
3.30 New York Mets v Los Angeles Dodgers.
6.00 **LIVE Badminton** Coverage of the finals of the US Open, which takes place at Mid-America Centre in Council Bluffs, Iowa.
11.30 **UFC** Holly Holm v Mayra Bueno Silva: Action from the women's bantamweight bout, which took place at UFC Apex in Las Vegas.
2.30 AM **UFC: The Ultimate Fighter**
3.30 **UFC Fight Flashback**
4.30 **The Football Archives: UEFA Champions League**
5.00 **MLB Plays of the Week**
5.30 **to 6.00** AM **MLB: Off the Bat**

Eurosport 1

410 410 868 | 521 | 412 435

6.00 AM **Highlights**
7.30 **Tennis: Wimbledon**
9.00 **BMX European Championships**
10.00 **Sailing: Spirit of Yachting**
10.30 **Cycling: Tour de France**
11.30 **Tour de France: Breakaway**
12.00 NOON **LIVE Cycling: Tour de France** Coverage of stage 15.
5.45 PM **Cycling: Get to Know**
6.30 **Cycling: Tour de France Femmes** A look ahead.
7.00 **Climbing World Cup**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Cycling: Get to Know**
10.15 **Cycling: Tour de France Femmes** A look ahead.
10.45 **Olympic Games**
11.00 **Cycling: Tour de France**
12.00 M'T **Tour de France: Breakaway**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: Breakaway**
3.30 **Sailing: The Ocean Race**
4.00 **to 6.00** AM **Highlights**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Highlights**
8.15 **Bennetts British Superbikes**
8.30 **World Superbikes**
9.30 **LIVE World Superbikes** The Superbike Superpole race in Italy.
10.45 **World Superbikes**
11.15 **LIVE World Superbikes** The second Supersport race in Imola.
12.45 PM **World Superbikes**
1.30 **LIVE Tennis: Wimbledon** Coverage of the men's singles final.
5.00 **Speedway Grand Prix**
6.00 **World Superbikes**
7.00 **Formula E** The Rome ePrix.
8.00 **Speedway Grand Prix**
9.00 **World Superbikes**
10.00 **Tennis: Wimbledon**
11.30 **World Superbikes**
12.30 AM **Cycling: Tour de France**
1.30 **Tour de France: Breakaway**
2.00 **Supercross** From Villa Park.
3.00 **FIA World Endurance C'ship**
4.00 **Cycling: Tour de France**
5.00 **to 6.30** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
7.00 **Super League Gold**
7.05 **LIVE NRL Dolphins v Penrith Panthers.** Kick-off **7.05am**.
9.05 **My Icon** Leon Pryce.
9.15 **LIVE NRL Parramatta Eels v Gold Coast Titans.**
11.15 **My Icon** Martin Offiah.
11.30 **The Rugby Championship**
1.40 PM **Super League Gold**
1.50 **The Rugby Championship**
4.00 **Super League Highlights**
4.30 **Women's State of Origin**
4.45 **State of Origin Rugby League**
5.00 **The Rugby Championship**
7.10 **My Icon** Double bill.
7.30 **The Rugby Championship**
9.40 **Darts Top 5 Moments**
9.45 **WNBA** New York v Seattle.
11.45 **NBA Basketball**
12.15 AM **Super League Highlights**
12.45 **State of Origin Rugby League**
1.00 **The Rugby Championship**
3.10 **My Icon** Moeen Ali.
3.20 **to 6.00** AM **Highlights**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Ferrari Challenge Europe**
1.00 PM **Lewis & The Remote Control Car Racers**
1.10 **Ted & Lando in Tokyo**
1.20 **Ted & George Go Paddle Boarding**
1.30 **LIVE Goodwood Festival of Speed** Coverage of Sunday's races, including the Hillclimb Shootout, which will crown the festival's champion.
3.30 **F1 Academy Highlights**
4.00 **Formula 1** Highlights of the British Grand Prix, the 11th round of the season from Silverstone.
5.00 **Indycar** Action from the Honda Indy Toronto qualifying session.
6.30 **LIVE Indycar** The Honda Indy Toronto at Exhibition Place in Toronto. Start-time **6.30pm**.
9.00 **GT World Challenge Europe** Race two of the fifth round in Italy.
11.00 **Ferrari Challenge Europe**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Monday

17 July

Evening Planner

Factual

Extraordinary Portraits
BBC1, 8.30pm
Healthcare heroes are immortalised by talented artists, in this special series that marks the 75th anniversary of the NHS.

Quiz Show

University Challenge
BBC2, 8.30pm
Following Jeremy Paxman's retirement from the show, Amol Rajan takes up the reins as quizmaster in the new series.

Drama

The Sixth Commandment
BBC1, 9pm
Anne Reid stars in this fact-based drama about the deaths of two pensioners with connections to a much younger man.

Documentary

Earth
BBC2, 9pm
Chris Packham presents the epic story of our planet, with CGI illustrating pivotal moments from the Earth's natural history.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Extraordinary...	9.00 The Sixth Commandment		10.00 News; Local News	10.40 We...
102 BBC2	7.00 The Secret Genius of Modern Life		8.00 Only Connect	8.30 University...	9.00 Earth		10.00 The Two...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Supermarkets...	8.30 Kirstie and...	9.00 24 Hours in A&E		10.00 24 Hours in Police Custody: Black...	
105 CHANNEL 5	7.00 Traffic Cops		8.00 Police Interceptors		9.00 Police: Night Shift 999		10.00 Ambulance: Code Red	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 The 90s: Cinema's Greatest Decade		9.00 Film: Ghost			
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 The Traitors Australia		9.00 Joe Swash: Teens in Care		10.00 Film: County Lines	
116 BBC4	7.00 Yorkshire Walks	7.30 Secrets of...	8.00 How to Build a Dinosaur		9.00 Dinosaurs, Myths and Monsters		10.00 Dinosaurs: The Final Day with David...	
118 ITV2	7.00 Next Level Chef (USA)		8.00 Superstore		9.00 Love Island		10.05 Deep Fake...	10.35 Family Guy
136 MORE4	◂ 6.55 The Dog House		7.55 Grand Designs		9.00 Jamie's £1 Wonders		10.00 Cruises from Hell: Caught on Camera	
135 E4	7.00 Hollyoaks	7.30 Impractical...	8.00 Below Deck Sailing Yacht		9.00 Gogglebox		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Blue Bloods		10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	◂ 6.35 The Sopranos	7.35 Game of Thrones			9.00 Winning Time: The Rise of the Lakers...		10.05 Euphoria	
110 GOLD	◂ 6.35 Dad's Army		7.55 Only Fools and Horses	8.35 The Black Adder		9.20 The Lenny Henry Show	10.00 Live at the Apollo	
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?...	9.00 QI XL		10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Endeavour				10.00 Law & Order: UK	
120 ITV4	7.00 Tour de France Highlights		8.00 King of the Roads		9.00 The Motorbike Show		10.00 Film: U.S. Marshals	
112 COMEDY CENTRAL	7.00 Friends		8.00 Most Ridiculous		9.00 Guessable?		10.00 Rhod Gilbert's Growing Pains	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 From			
113 SKY MAX	7.00 Stargate Atlantis		8.00 The 90s: Cinema's Greatest Decade		9.00 Karl Pilkington: The Moaning of Life		10.00 The Swarm	
109 ALIBI	7.00 Person of Interest		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
130 SKY ARTS	7.00 The Joy of Painting		8.00 André Rieu: La Vie Est Belle			9.45 Camille Pissarro: The Father of Impressionism		
132 W	7.00 Ambulance Australia		8.00 DIY SOS: The Big Build		9.00 24 Hours in A&E		10.00 999 Rescue Squad	
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Alaska: The Last Frontier		9.00 Street Outlaws			
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Expedition Bigfoot				10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 Air Crash Investigation		8.00 To Catch a Smuggler		9.00 Air Crash Investigation		10.00 Airport Security: Rome	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Storage Wars Canada		9.00 Ancient Murders Unearthed		10.00 Viking Dead	
155 YESTERDAY	7.00 Bangers & Cash		8.00 Hornby: A Model World		9.00 Secrets of the London Underground		10.00 Bangers & Cash	
121 SKY DOCS	7.00 Women at War: Mexico		8.00 The Movies		9.00 LFG			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.05 Breaking Point		8.00 The Locksmith			9.50 Armageddon Time		
303 SCREEN QUEENS	◂ 6.00 Roman Holiday		8.00 Steel Magnolias				10.00 Kramer vs Kramer	
304 GREATS	◂ 6.10 The Duellists		8.00 Paper Moon				10.00 Sunset Boulevard	
305 ANIMATION		7.15 Rock Dog			9.00 Tad the Lost Explorer and the Curse of the Mummy			
306 FAMILY		7.10 The Karate Kid				9.20 Blueback		
307 ACTION	◂ 6.10 The Fast and the Furious		8.00 2 Fast 2 Furious			9.55 The Expendables 3		
308 COMEDY	◂ 6.15 Shaun of the Dead		8.00 Daddy Day Care			9.35 Superbad		
309 THRILLER	◂ 6.10 Side Effects		8.00 The Family				10.00 To Catch a Killer	
310 DRAMA	◂ 5.40 Call Me By Your Name		8.00 Eddie the Eagle			9.50 Neds		
311 SCI-FI	◂ 6.10 The Dark Tower		8.00 Midnight Special			9.55 Halloween Ends		
302 BLOCKBUSTERS	◂ 5.50 Uncharted		8.00 The Lord of the Rings: The Two Towers					
313 FILM4	◂ 6.25 The Legend of Zorro				9.00 Gemini Man			
SPORT								
401 MAIN EVENT	7.00 World Matchplay Darts – Live: Coverage of the third day of the tournament							
402 PREMIER LEAGUE	7.00 Premier League		8.00 Gary Neville's Soccerbox		9.00 Tackling the Stigma		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	◂ 6.00 EFL Cup Retro				9.00 Championship Retro			
404 CRICKET	7.00 The Ashes							
413 BT SPORT 1	7.00 V8 Supercars Highlights		8.00 The WRC...	8.30 Joe Cole Cast	9.00 Fishing: On the Bank		10.00 ESPN FC	10.30 Gab & Juls
414 BT SPORT 2	◂ 6.30 Badminton			8.30 Behind the...	9.00 UFC			

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Close Calls: On Camera** New edition A base jump goes terrifyingly wrong. (S)
10.30 **Animal Park Summer** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Rick Stein's Cornwall** (S)(R)(AD)
2.15 **Robson Green's Weekend Escapes** North-east England. (R)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **Antiques Road Trip** Natasha Raskin Sharp and Charles Hanson visit the north of England. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Jermaine Jenas and Alex Jones present the topical show. (S)
7.30 **EastEnders** Kathy and Rocky's wedding doesn't go to plan as a surprise visit from Jo derails the day. (S)

8 PM

8.00 **Panorama** New edition (S)
8.30 NEW SERIES **Extraordinary Portraits with Bill Bailey** 1/6. Artwork of NHS workers is created by British artists. *See feature, page 12.* (S)(AD)

9 PM

9.00 NEW SERIES **The Sixth Commandment** 1/4. Fact-based crime drama exploring the story of retired teacher Peter Farquhar. Stars Timothy Spall, Anne Reid and Éanna Hardwicke. *See feature, page 7.* (S1) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **We Hunt Together** 4/6. Freddy invites Baba back to her home to celebrate getting away with murder, while Jackson has unanswered questions about the message left with the body found hanged in the woods. (S1) (S)
11.25 **Have I Got a Bit More News for You** Alexander Armstrong hosts the panel show, with comedian Ria Lina and journalist Matt Chorley joining team captains Paul Merton and Ian Hislop as they delve into the news. (S)(R)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.45 AM **Beechgrove Garden** (S)(R)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: Clive Myrie's Italian Road Trip** From Sicily. (S)(R)
8.30 **Sign Zone: Great British Railway Journeys** The Peak District. (S)(R)
9.00 **Nicky Campbell** (S)
11.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Mastermind** (S)(R)
2.15 **Great British Menu** (S)(R)
3.15 **Home Is Where the Art Is** (S)(R)
3.45 **Nature's Weirdest Events** (S)(R)
4.15 **Made in Great Britain** (S)(R)(AD)
5.15 **Flog It!** From Suffolk. (S)(R)
6.00 **Richard Osman's House of Games** With Kemah Bob. (S)(R)
6.30 **Great British Railway Journeys** New edition 11/15. Michael visits the Walkers factory in Leicester. (S)

8.00 Only Connect

7 PM

7.00 **The Secret Genius of Modern Life** 1/6. Hannah Fry uncovers secrets behind the technologies of the modern world, beginning with the bank card. (S)(R)

8 PM

8.00 NEW SERIES **Only Connect** Victoria Coren Mitchell returns with the quiz show. (S)
8.30 NEW SERIES **University Challenge** New host Amol Rajan presides over the opening match. (S)

9 PM

9.00 NEW SERIES **Earth** 1/5. Chris Packham presents a history of the planet, beginning with the mass extinction 252 million years ago in which 90 per cent of all species died. *See feature, page 20.* (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **The Two Ronnies Sketchbook** Including the classic Fork Handles sketch and the conclusion of the Phantom Raspberry Blower. (S)(R)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **The World's War: Forgotten Soldiers of Empire** 1/2. The Africans and Asians who served in World War One. (S)(R)(AD)
12.15 AM FILM **Moon** Sci-fi thriller starring Sam Rockwell. A solitary astronaut on a lunar mining base begins to question his sanity when he starts having hallucinations. (S)(AD) (2009, 15, 95min) ★★★★
1.50 **Sign Zone: Countryfile** (S)(R)
2.45 **to 6.45** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's French Adventure** The chef heads to the Bois de Boulogne, coinciding with the Parisian park's hosting of a steeplechase event. He then visits the city's Michelin-starred Le Pré Catelan restaurant. (S)(R)
3.00 **Lingo** Word-based quiz show presented by Adil Ray. (S)(R)
4.00 **Tipping Point** Quiz show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7 PM

7.30 **Emmerdale** Manpreet urges Rishi to give his son the full story, Gabby tries to come up with a revenge plot, and Mary is blackmailed. (S)(AD)

8 PM

8.00 **Coronation Street** Spider races to rescue Toyah from her kidnapper, Dev thwarts Aadi's chance to spend time with Amy, and Stephen fears that his plans for Elaine are unravelling. (S)(AD)

9 PM

9.00 **Long Lost Family** New edition 3/7. A woman's quest to find her son, and a man who discovered his late mother had led a complicated life before meeting his father – and that he wasn't her only child. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 NEW **Catching My Rapist** Documentary following the story of one woman's struggle over five years to bring the man who raped her to justice. (S)
12.00 M'T **Tour de France Highlights** Gary Imlach looks back at the second week of racing. (S)(R)
12.50 AM **Catchphrase** (S)(R)(AD)
1.25 **The Masked Singer US** The winner is announced. (S)(R)(AD)
2.10 **Winning Combination** (S)(R)
3.00 **Jason Atherton's Dubai Dishes** Beetroot curry. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's French Adventure** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 16&17/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** Triple bill. (S6) (S)(R)(AD)
9.05 **Frasier** 9-11/24. (S5) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From Colorado. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Chateau DIY** (S)(R)(AD)
5.00 **Sun, Sea and Selling Houses** New edition Looking for a home in Alicante for a baker. (S)
6.00 **The Simpsons** *It's a Mad, Mad, Mad, Mad Marge:* Otto ditches his fiancée at the altar. (S)(R)(AD)
6.30 **Hollyoaks** Cindy's actions leave Tom feeling hurt, and things get on top of John Paul. (S)(AD)

8.00 Supermarkets Unwrapped

7 PM

7.00 **News** (S)

8 PM

8.00 **Supermarkets Unwrapped: Fruit & Veg Aisle** New edition How vegetables get to British supermarkets. (S)
8.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** 4/7. Two bungalows. (S)(R)(AD)

9 PM

9.00 **24 Hours in A&E** New edition At Nottingham's Queen's Medical Centre, patients include a woman who fell from the back of a moving tram, and a teenager who broke his leg in three places while playing football. (S)(AD)

10 PM

10.00 **24 Hours in Police Custody: Black Widow** First of a two-part special following Cambridgeshire police as they investigate a woman who is suspected of plotting to have her ex-husband murdered. (S)(R)(AD)
11.05 **Dr Death** New episode 5/8. Duntsch is recruited by a medical centre. (S1) (S)(AD)
12.00 M'T **Ramsay's Hotel Hell** (S)(R)
12.50 AM **Couples Come Dine with Me** In south-east London. (S)(SL)(R)
1.45 **The Dog House** (S)(SL)(R)(AD)
2.40 **The Secret Life of the Zoo** (S)(R)
3.35 **Grand Designs** (S)(R)(AD)
4.30 **Location, Location, Location** (R)
5.25 **to 6.15** AM **Undercover Boss USA** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Finding A Killer** Thriller with Eric Wigston. When a woman's mother dies, she questions her family. (S) (2023, PG, 90min) ★★
4.00 **Bargain-Loving Brits in the Sun** Featuring Joe and Jan, who run the Last Chance Animal Rescue Centre. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** The MsFits take on the quiz experts. (S)(R) **6.30** Frankly Jazz try their luck against the Eggheads. (S)(R)
6.55 **News** (S)

9.00 Police: Night Shift 999

7.00 Traffic Cops A scooter is driven the wrong way down a dual carriageway, while a chase nearly ends in serious injury for an officer when he is almost dragged along by a car. (S)(R)
7.55 **News** (S)
8.00 Police Interceptors New edition Officers enter a property to discover an arsenal of weapons and a recently harvested cannabis crop, while they also deploy a team effort to stop a speeding Audi. (S)
9.00 Police: Night Shift 999 Series finale 6/6. The first call of the night for the Gloucestershire officers is to an accident in the rural country lanes, where a car has landed on its roof. (S)
10.00 Ambulance: Code Red Two air ambulances are called to a road accident on a dual carriageway, where a car has crashed through the barriers with one passenger thrown clear, and another trapped inside. (S)(R)(AD)
11.05 **999: Critical Condition** A woman is rushed in after a head-on collision. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **Teleshopping** (S)
3.00 **Red Arrows: Kings of the Sky**
3.45 **The Yorkshire Vet** (S)(R)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **House Doctor** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Wildlife Rescue New Zealand**
9.00 **Nothing to Declare** (S)(R)
10.00 **The Flash** 5/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S5) (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
2.00 **MacGyver** 4/13. (S4) (S)(R)
3.00 **The Equalizer** (S2) (S)(R)(AD)
4.00 **A League of Their Own Road Trip: Loch Ness to London** The boys put their lawn bowls skills to the test. (S)(R)(AD)
5.00 **The Simpsons** (S)(R)
5.30 **Modern Family** 21/22. Mitch and Jay each seek out a much-needed retreat. (S)(R) **6.00** 22/22. The clan prepare for Manny and Luke's graduation. (S8) (S)(R)
6.30 **The Simpsons** (S)(R)

9.00 Ghost

7.00 The Simpsons *The Springfield Files:* Homer claims he has encountered an extraterrestrial. (S)(R) **7.30** *The Twisted World of Marge Simpson:* Marge starts her own business selling hot pretzels. (S)(R)
8.00 The 90s: Cinema's Greatest Decade Alex Zane and celebrities look back at the era's best films. (S)(R)(AD)
9.00 FILM **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg and Tony Goldwyn. (S) (1990, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 **The Lionesses: A League of Their Own Special** (R)
12.15 AM **The Force: Manchester** (R)
1.10 **Road Wars** (S)(R)(AD)
2.05 **Caught on Dashcam** (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **MacGyver** 4/13. Angus tries to rescue survivors from a collapsed building in Germany. (S4) (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.00pm A Stitch Through Time (S)(R) **8.30-9.00** Panorama New edition (S) **10.40** Murder in the Badlands (S)(R) **11.40** We Hunt Together (S)(R)(AD) **12.25am** Have I Got a Bit More News for You (S)(R) **1.10-6.00am** BBC News (S)
WALES
Sky **965**, Virgin **864**, Freesat **965**
8.00-8.30pm Weatherman Walking Series finale (S) **10.40** Panorama New edition (S) **11.10** We Hunt Together (S)(R)(AD) **11.55** Have I Got a Bit More News for You (S)(R) **12.40-6.00am** BBC News (S)
BBC1 North/North East/North West/ Yorkshire & Lincolnshire
Sky **954/952/953/955**, Freesat **954/952/953/955**
11.25pm-12.10am The Super League Show (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Éadaí SOS New edition (S)
WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:
WALES
10.45pm Sharp End (S) **11.40pm-12.00m't** Coast & Country (S)(R)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Sgwrs Dan y Lloer **12.30** Heno **1.00** Gwyliau Gartref (AD) **1.30** Cyfres Triathlon Cymru **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Y 'Sgubor Flodau **4.00** Awr Fawr **5.00** Stwnsh **6.00** Colleen Ramsey: Bywyd a Bwyd **6.30** Rownd a Rownd (AD) **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Y Byd ar Bedwar New edition **8.25** Garddio a Mwy New edition **8.55** Newyddion S4C a'r Tywydd **9.00** NEW SERIES Cefn Gwlad (AD) **10.00** Ty am Ddim **11.00-11.35pm** Sgwrs Dan y Lloer

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/141 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Chris Harris and Sabine Schmitz compete in a desert race.
7.55 **The Catch Up**
8.00 **The Traitors Australia** New edition 5/12. A quarter of the way in, the traitors appear to be in control of the game.
8.50 **The Film Fan's Guide to Sussex** New edition 2/6. Film locations in Sussex.
9.00 **Joe Swash: Teens in Care** Joe Swash reveals the reality of what it's like growing up in the care system.
10.00 FILM **County Lines** Drama starring Harris Dickinson. A boy is groomed into a lethal nationwide drug-selling enterprise. (2019, 15, 90min) ★★★★
11.25 **PRU** 3&4/5. (S1)
12.15 AM **Eating with My Ex**
12.45 **The Film Fan's Guide to Sussex** As 8.50pm/
12.55 **The Rap Game UK**
1.55 **PRU** 3&4/5. (S1)
2.45 **to 3.45** AM **Body on the Beach: What Happened to Annie?**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Yorkshire Walks** 1/4. Artist Shanaz Gulzar explores Wensleydale as she sets out on a walk from Leyburn to Bolton Castle.
7.30 **Secrets of Bones** 1/6. How skeletons have helped some vertebrates to flourish.
8.00 **How to Build a Dinosaur** Dr Alice Roberts discovers how to put a dinosaur skeleton back together.
9.00 **Dinosaurs, Myths and Monsters** Historical interpretations of prehistoric remains and fossils.
10.00 **Dinosaurs: The Final Day with David Attenborough** The naturalist reveals exactly how an asteroid strike wiped out the dinosaurs after an enormous asteroid hit Earth some 66 million years ago.
11.30 **How to Live Longer: The Big Think**
12.30 AM **Yorkshire Walks**
1.00 **Secrets of Bones**
1.30 **How to Build a Dinosaur**
2.30 **to 4.00** AM **Dinosaurs: The Final Day with David Attenborough**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** A tin-can dog.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed** Five editions, including at: **4.50** Stix Glamping in Greetham, Rutland. **5.20** The B&B owners meet to settle some scores.
5.50 **The Secret Life of the Zoo** The zebras add a newcomer to their herd.
6.55 **The Dog House** A family encounter two hounds that cannot be separated.
7.55 **Grand Designs** A couple plan to build a family home in rural East Sussex almost entirely out of concrete.
9.00 **Jamie's £1 Wonders** Jamie Oliver presents recipes that keep costs under control in the kitchen. In the first edition, he shares a roast chicken recipe that saves both time and money.
10.00 **Cruises from Hell: Caught on Camera** Real-life footage of nautical nightmares as filmed and told by survivors.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 347 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four editions.
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Tom has to make a tough decision.
7.30 **Impractical Jokers** Joe, Sal, Murr and Q work behind the counter at a barbecue restaurant.
8.00 **Below Deck Sailing Yacht** New edition 13/18. After campaigning for a promotion, Ashley is sorely disappointed to be given the title Junior Stew, making her and Scarlett equals.
9.00 **Gogglebox** Opinions on *I'm a Celebrity... Get Me Out of Here!* and *Tiger King 2*.
10.00 **Naked Attraction** A 23-year-old virgin from Kent picks a naked partner.
11.05 **Gogglebox**
12.10 AM **First Dates**
1.10 **Impractical Jokers**
2.10 **Gogglebox**
3.10 **Below Deck Sailing Yacht**
4.05 **Ramsay's Kitchen Nightmares USA**
4.55 **to 6.00** AM **The Neighborhood**

+1 hour 235 | 306 | 30 | 123

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **9-1-1: Lone Star** 13/14. (S2)
12.00 NOON **The Rookie** 10/14. (S3)
1.00 PM **FBI** 14/22. (S4)
2.00 **Coroner** 11/12. Jenny and Donovan look for Peggy. (S4)
3.00 **The Equalizer** 6/18. McCall is hired to find a sniper on a killing spree. (S2)
4.00 **Nothing to Declare** Six editions of the documentary.

9.00 Blue Bloods

7 PM

7.00 **Nothing to Declare** Double bill of the dcoumentary following the work of customs officers in Australia.

8 PM

8.00 **FBI** *Scar Tissue:* 15/22. The agents realise they have a cross-country killer on their hands. (S4)

9 PM

9.00 **Blue Bloods** New episode *Irish Exits:* 20/21. Frank worries his friend is hiding the true reason for returning to the city. (S13)

10 PM

10.00 **Law & Order: Special Victims Unit** New episode *And A Trauma In A Pear Tree:* 9/22. Carisi and Rollins join forces. (S24)
11.00 **New Amsterdam** 8/22. (S4)
12.00 M'T **The Equalizer** 5/18. (S2)
1.00 AM **The Good Doctor** 12/22. **2.00** New episode 13/22. (S6)
3.00 **Law & Order: Organized Crime** New episode 9/22. (S3)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.55 **The Newsroom** 6&7/9. (S2)
10.05 **The Sopranos** 2&3/13. (S4)
12.15 PM **Game of Thrones** (S7)
1.30 **Gomorrah** 5&6/12. (S3)
3.30 **The Newsroom** 8/9. The team begin its coverage of the 2012 presidential election. **4.30** 9/9. Will hears that the senior staff plan to resign. (S2)
5.30 **The Sopranos** 4/13. Johnny pursues a personal vendetta. **6.35** 5/13. Tony pays a visit to the race track. (S4)

10.05 Euphoria

7.35 **Game of Thrones** *The Dragon and the Wolf:* 7/7. Tyrion tries to save Westeros from itself as everyone meets in Kings Landing to discuss the fate of the realm. (S7)

9.00 **Winning Time: The Rise of the Lakers Dynasty** *Don't Stop 'Til You Get Enough:* 8/10. The Lakers continue their run. (S1)

10.05 **Euphoria** *The Trials and Tribulations of Trying to Pee While Depressed:* 7/10. Rue binge watches a reality TV series. (S1)
11.15 **Billions** 10/12. Axe explores an unappealing investment. **12.25** AM 11/12. Chuck advances a plan. (S3)
1.30 **True Detective** 1/8. (S1)
2.45 **Game of Thrones** As 7.35pm.
4.10 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **Stargate Atlantis** (S1)
8.00 **Supergirl** 22/22. (S2)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 5/23. (S3)
11.00 **NCIS: New Orleans** (S5)
1.00 PM **Hawaii Five-0** 7/25. (S7)
2.00 **MacGyver** 4/13. (S4)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 1/23. (S3)
5.00 **The Flash** 5/23. (S3)
6.00 **Stargate Atlantis** 11/20. Part two of two. Major Sheppard does all he can to secure the crew's return home. (S1)

9.00 The Moaning of Life

7.00 **Stargate Atlantis** *The Defiant One:* 12/20. The crew investigate a downed enemy ship. (S1)

8.00 **The 90s: Cinema's Greatest Decade** Alex Zane and celebrities look back at the era's best films.

9.00 **Karl Pilkington: The Moaning of Life** Karl sets off around the world in an attempt to understand why people want children.

10.00 **The Swarm** 3/8. Researcher Anawak is getting to the bottom of whale attacks. (S1)
11.00 **The Lionesses: A League of Their Own Special** Jill Scott gives a football masterclass.
12.00 M'T **Last King of the Cross**
1.15 AM **Road Wars**
2.10 **Caught on Dashcam**
3.05 **Hawaii Five-0** 7/25. (S7)
4.00 **MacGyver** 4/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 | 115 | 6 | 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 4/22. (S7)
9.00 **Dawson's Creek** 8/23. (S3)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Celebrity Dinner Date**
1.00 PM **Epic Gameshow**
2.00 **Chuck** 15/24. (S4)
3.05 **One Tree Hill** 5/22. (S7)
4.00 **Dawson's Creek** 9/23. (S3)
5.00 **Celebrity Dinner Date**
6.00 **Celebrity Catchphrase**

10.35 Family Guy

7.00 **Next Level Chef (USA)** New edition The chefs create a brunch dish that incorporates both sweet and savoury elements.

8.00 **Superstore** 10/11. Dina asks for a demotion. **8.30** 11/11. Cheyenne begins to go into labour in the store. (S1)

9.00 **Love Island** New edition The Islanders face more love games as the seventh week continues.

10.05 **Deep Fake Neighbour Wars** Series finale 6/6. Gal Gadot comes to Stormzy's rescue. (S1)
10.35 **Family Guy** 2/22. (S8)
11.05 **Family Guy** 12/16. Brian is arrested. (S7)
11.35 **American Dad!** (S9&8)
12.30 AM **Superstore** 1&2/22. (S2)
1.30 **Iain Stirling's CelebAbility**
2.15 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.05 **George and Mildred**
9.15 **The Royal**
11.30 **Heartbeat**
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Agatha Christie's Poirot** *Evil Under the Sun:* The detective heads for the coast of Devon for a well-earned rest.
6.00 **Heartbeat** *Speed:* Sgt Merton finds himself under pressure when teenagers plan a 'chicken run' with stolen cars.

8.00 Endeavour

7.00 **Heartbeat** *Dog Days:* PC Steve Crane is shocked to discover Peter Pyke's warehouse has gone up in smoke.

8.00 **Endeavour** *Arcadia:* The detective discovers dark secrets in a family-run supermarket, as he investigates a possible connection to a fire that killed an artist who was involved with political activists.

10.00 **Law & Order: UK** *ID:* 3/6. A pregnant doctor is found beaten to death in a hospital car park. (S4)
11.00 **The Bay** 1/6. DS Jenn Townsend receives an emergency call and races to the scene to find horror unfolding for a broken family. Stars Marsha Thomason. (S4)
12.05 AM **The Royal** Double bill.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: Designing the Hebrides**
3.00 **Sign Zone: Highland Cops** Documentary.
4.00 **This Is BBC Scotland**
7.00 **Beechgrove Garden**
7.30 **Roaming in the Wild**
8.00 **Scotland from the Sky**
9.00 **The Nine**
10.00 **River City** New episode A frustrated Lenny confesses his feelings of inadequacy to Mulvaney.
10.30 NEW SERIES **Janey and Ashley Get a Real Job** 1/4. Janey Godley and Ashley Storrie take work on a farm.
11.00 **Icons of Football** 5/6. The life and career of striker Steve Archibald.
11.30 PM **to 12.00** M'T **Lawrence Chaney's Homecoming Queens**

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Mr Mayor** (S1)
9.00 **Silicon Valley** (S4)
10.10 **Girls** 7&8/10. (S4)
11.30 **Eastbound & Down** (S4)
12.50 PM **Silicon Valley** (S4)
2.10 **Fresh Prince of Bel Air**
3.10 **Girls** 9&10/10. (S4)
4.30 **Mr Mayor** 2&3/10. (S2)
5.30 **Will & Grace** (S3)
6.30 **Fresh Prince of Bel Air**
7.20 **Modern Family** (S7)
7.45 **The Office (US)** (S9)
9.00 **Breeders** 3&4/10. (S1)
10.00 **Righteous Gemstones** New episode 6/9. Comedy about a televangelist family. (S3)
10.50 **Bliss** 2/6. A pothole campaign threatens to make Kim famous. **11.20** 3/6. Andrew has a nightmare situation on his hands. (S1)
11.55 **Sex and the City** (S2)
1.05 AM **Romantic Getaway**
2.05 **Rovers** 6/6. (S1)
2.35 **Dice** 3&4/7. (S2)
3.45 **Eastbound & Down** (S4)
4.20 **to 5.00** AM **Pen15**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Classic FM Live: A Film Music Spectacular**
8.00 **The Joy of Painting**
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering: Julie Andrews**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Inside Art: Masterpieces from Buckingham Palace**
3.00 **Anyone Can Sing**
4.00 **Discovering: Robert Redford**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **The Joy of Painting**
8.00 **André Rieu**
9.45 **Camille Pissarro: The Father of Impressionism**
11.00 **The Art of Architecture**
12.00 M'T **Sky Arts from Hay**
1.00 AM **Alice Walker**
2.20 **Jeff Daniels**
3.40 **National Trust: National Treasures**
5.00 **to 6.00** AM **Auction**

Pick

151 | 135 | 36 | 144

7.00 AM **Border Security: Australia's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S1)
5.00 **Star Trek: The Next Generation** 14/26. (S7)
6.00 **Merlin** 1/13. (S1)
7.00 **Star Trek: Voyager** (S6)
8.00 **NCIS: New Orleans** (S6)
9.00 **World's Most Evil Killers** Robert Hansen.
10.00 **Grimm** 13/22. (S5)
11.00 **Snapped** Gail Gash.
12.00 M'T **Killer in My Village**
1.00 AM **The Force: Manchester**
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131 | 119 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Unboxed**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Project Bakeover** New edition
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 7/20. (S3)
9.00 **The Real Housewives of Miami** Reality series.
10.00 **The Real Housewives Ultimate Girls' Trip**
11.00 **Crazy Ex-Girlfriend** New episode 7/18. (S4)
12.00 M'T **Only Way Is Essex**
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 | 170 | 50 | 142

6.00 AM **Sue Thomas: F.B.Eye** 8&9/19. (S3)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Full Circle** Melodrama.
11.00 **Castle** 10&11/23. (S4)
1.00 PM **Sue Thomas: F.B.Eye** 18&19/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 21-24/24. (S2)
9.00 **Randall and Hopkirk (Deceased)** *Could You Recognise the Man Again?* 18/26. Jeannie is kidnapped to prevent her giving evidence. (S1)
10.00 **The Persuaders!** *Chain of Events:* 11/24. Brett and Danny go on a camping holiday. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S2)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
3.50 **to 4.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

Turn over the page for Comedy Central

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **World of Sport**
6.15 **Minder**
7.15 **The Sweeney**
8.20 **Giant Lobster Hunters**
9.20 **Dempsey and Makepeace**
10.20 **Magnum, PI**
11.30 **The Protectors**
12.00 NOON **Tour de France Hlts**
1.00 PM **Made in Britain**
1.30 **Dempsey and Makepeace**
2.35 **Magnum, PI**
3.40 **The Sweeney**
4.45 **Minder**
5.55 **BattleBots** New edition

4.45 Minder

7.00 **Tour de France Highlights** Gary Imlach looks back at week two of racing, as the riders have a final rest day.

8.00 **King of the Roads** Action from the Imatra Road Races, the latest addition to the King of the Roads calendar.

9.00 **The Motorbike Show** New edition Henry Cole brings the restoration of the Suzuki Kettle to a conclusion with a ride-out.

10.00 FILM **U.S. Marshals** Thriller sequel starring Tommy Lee Jones and Wesley Snipes. (1998, 15, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **Lost Car Rescue** The team hunt down muscle cars.
1.35 **Motorsport UK**
2.30 **The Protectors**
3.00 **Unwind with ITV**
4.15 **Dempsey and Makepeace**
5.10 **to 6.00** AM **Magnum, PI**

+1 hour 220 318 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Merlin** 9/13. (S1)
7.00 **The Outpost** 11/13. (S2)
8.00 **Teleshopping**
11.00 **Pandora** 2/13. (S1)
12.00 NOON **Star Trek: The Next Generation** (S1&2)
2.00 PM **Merlin** 9/13. (S1)
3.00 **Pandora** 2/13. (S1)
4.00 **Quantum Leap** 8/22. (S5)
5.00 **Stargate Atlantis** 5/20. (S1)
6.00 **Star Trek: The Next Generation** 26/26. The *Enterprise* crew recover three frozen bodies from a 20th-century Earth satellite. (S1)

9.00 From

7.00 **Star Trek: The Next Generation** *The Child:* 1/22. The *Enterprise* prepares to transport a plague to a lab. (S2)

8.00 **Star Trek: Voyager** *Thirty Days:* 9/26. The crew find a huge ocean populated by a maritime alien species. (S5)

9.00 **From** *Into the Woods:* 9/10. Boyd goes deeper into the forest than he has ever gone, encountering new and scary mysteries.

10.00 **From** *Oh, the Places We'll Go:* 10/10. Jim's radio tower yields consequences that rock him to his very core. (S1)
11.00 **True Blood** 5/12. Sookie goes on a visit to Dallas. **12.00** M'T 6/12. Sookie tries to locate Godric. (S2)
1.00 AM **Star Trek: Voyager** (S5)
2.00 **Stargate Atlantis** 5/20. (S1)
3.00 **Star Trek: The Next Generation** (S1&2)
5.00 **to 6.00** AM **Most Haunted**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Unforgettable** 1/13. (S4)
10.00 **Rizzoli & Isles** 6/13. (S7)
11.00 **Without a Trace** 21/24. (S7)
12.00 NOON **The Doctor Blake Mysteries** 3/10. (S1)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S9)
4.00 **Unforgettable** 1/13. Carrie's estranged husband visits. (S4)
5.00 **Rizzoli & Isles** 6/13. (S7)
6.00 **Without a Trace** 21/24. The team look for a journalist who recently wrote a piece about a corrupt politician. (S7)

7.00 Person of Interest

7.00 **Person of Interest** *Shadow Box:* 10/22. Reese helps a woman accused of stealing from a charity for veterans. (S2)

8.00 **Father Brown** *The Passing Bell:* The sleuth attempts to solve a case involving a musical director.

9.00 **Death in Paradise** *Beyond the Shining Sea – Part Two:* 6/8. There is another killing connected to the festival queen. (S8)

10.00 **Father Brown** *The Whistle in the Dark:* Father Brown intervenes when it appears that a dark spirit has murderous intent.
11.00 **Person of Interest** As 7pm.
12.00 M'T **The Doctor Blake Mysteries** 3/10. A man dies from a snake bite while driving after someone had hidden a snake in his car. (S1)
1.00 AM **Unforgettable** As 4pm.
2.00 **to 4.00** AM **Evil**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.20 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **Ever Decreasing Circles**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
6.00 **The Good Life**
6.35 **Dad's Army**

8.35 The Black Adder

7.15 **Dad's Army** Mainwaring is accused of leaving a light burning in the church hall during a blackout.

7.55 **Only Fools and Horses** Del tries to sell two antique urns, but one of them contains ashes.

8.35 **The Black Adder** Edmund must marry a princess to help his father secure an alliance.

9.20 **The Lenny Henry Show** Lenny Henry presents a series of sketches.

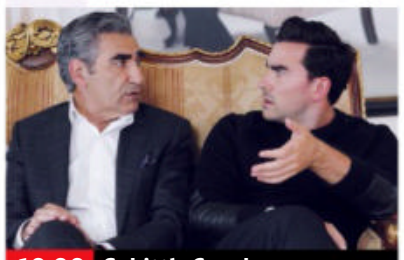
10.00 **Live at the Apollo** Eddie Izzard introduces sets by Josh Widdicombe and Trevor Noah at the Apollo in Hammersmith.
11.00 **Only Fools and Horses**
11.40 **The Black Adder** As 8.35pm.
12.30 AM **The Lenny Henry Show**
1.10 **The Fast Show** Eras Video introduces its latest releases.
1.50 **Live at the Apollo** As 10pm.
2.55 **to 4.00** AM **The Story of Only Fools and Horses**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Top Gear** With Kevin McCloud.
9.00 **Border Force: America's Gatekeepers**
10.00 **Railroad Australia**
11.00 **Gino's Italian Escape**
12.00 NOON **Storage Hunters UK**
1.00 PM **Cops on the Rock**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Anita Rani.
4.40 **Would I Lie to You?**
5.20 **Room 101** With Greg Davies.
6.00 **Taskmaster** With Al Murray.


10.00 Schitt's Creek

7 PM
7.00 **Richard Osman's House of Games** With Dev Griffin and Alex Horne. **7.40** Samira Ahmed, Dom Joly, Angela Rippon and John Robins compete.

8 PM
8.20 **Would I Lie to You? The Unseen Bits** Extra material from the 12th series of the panel show.

9 PM
9.00 **QI XL** Panellists Sara Pascoe, Jack Whitehall, David Mitchell and Alan Davies try to answer host Stephen Fry's questions.

10 PM
10.00 **Schitt's Creek** 1/13. First episode of the comedy. **10.30** 2/13. David and Alexis enjoy a night out with the locals. (S1)
11.00 **QI XL** With Aisling Bea, Lee Mack and Jason Manford.
12.00 M'T **QI XL** With Jimmy Carr.
1.00 AM **Mock the Week**
1.40 **Would I Lie to You?**
2.15 **Richard Osman's House of Games** With Kae Kurd.
2.45 **to 4.00** AM **Schitt's Creek**

+1 hour 211 327 57

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun: Home or Away**
1.30 **A Place in the Sun**
2.30 **Sun, Sea and Selling Houses** Property series.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **George Clarke's Old House, New Home** George renovates an art house in Manchester.
8.00 **Jamie's One-Pan Wonders** Favourite recipes from the series.
9.00 FILM **Rocketman** Elton John biopic starring Taron Egerton. (2019, 15, 121min) ★★★★
11.20 **In the Footsteps of Killers** Documentary.
12.25 AM **24 Hours in A&E**
1.30 **24 Hours in Police Custody: Black Widow**
2.30 **Britain's Best Beach Huts** Property series.
3.35 **to 4.35** AM **Extraordinary Escapes with Sandi Toksvig**

5USA

141 141 120/162 21 129

9.00 AM **NCIS** 1/16. (S18)
9.55 **Entertainment News**
10.00 **NCIS** 2&3/16. (S18)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Blood in the Water:* 1/21. The NCIS team search for Gibbs. **7.00** *Nearly Departed:* 2/21. The NCIS attempt to find the serial killer Gibbs was looking for. **8.00** *Road to Nowhere:* 3/21. Gibbs and Parker embark on a road trip. **9.00** Series finale *Birds of a Feather:* 21/21. Parker is framed for murder. (S19)
10.00 **Law & Order: Special Victims Unit** *Patrimonial Burden:* 7/23. A 13-year-old star becomes pregnant. (S17)
11.00 **Law & Order: Special Victims Unit** (S17)
11.55 **NCIS** 12-15/24. (S12)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128 126 32 131

8.00 AM **Bargain-Loving Brits**
10.00 **Call the Bailiffs: Time to Pay Up**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly** Documentary.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Documentary.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Skin A&E** New edition
10.00 **Shoplifters & Scammers: At War with the Law**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 M'T **999: Critical Condition** Documentary.
12.55 AM **Adults Only**
1.55 **GPs: Behind Closed...**
2.45 **100% Hotter**
3.30 **Home and Away**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Motorway Cops**
10.15 **Trucking Hell**
11.15 **Police Interceptors**
12.20 PM FILM **Destry** Western remake. (1954, PG, 96min) ★★
2.15 FILM **Bullet for a Badman** Western. (1964, PG, 80min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Trucking Hell**
9.00 FILM **Hard Target** Action thriller. (1993, 18, 95min) ★★★
11.00 FILM **Enemies Closer** Action thriller. (2013, 15, 85min) ★★★
12.45 AM **Deadliest Weather: Caught on Camera**
1.50 **Fights, Camera, Action!**
2.50 **Sinkholes**
3.40 **Trucking Hell**
4.25 **Criminals: Caught on Camera** Documentary.
4.50 **to 5.00** AM **Entertainment News**

W

132 827 125 25 156

6.05 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **MasterChef USA: Legends**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **MasterChef Australia**
7.00 **Ambulance Australia**
8.00 **DIY SOS: The Big Build**
9.00 **24 Hours in A&E** A 72-year-old is airlifted to St George's after being trampled by a herd of cows.
10.00 **999 Rescue Squad**
11.00 **Katie Piper's Jailhouse Mums** Documentary.
12.00 M'T **One Born Every Minute** Documentary.
1.00 AM **James Martin: Home Comforts**
2.00 **to 3.00** AM **Rachel Khoo's Kitchen Notebook: Cosmopolitan Cook**

+1 hour 232 325

Drama

143 116 20 158

7.15 AM **Pie in the Sky**
8.05 **Lovejoy**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Last Detective** *Dangerous and the Lonely Hearts:* An Albanian refugee is killed.
9.30 **New Tricks** *Wicca Work:* The team reopen a 10 year old murder case. **10.35** *Bank Robbery:* A police informant resurfaces after 17 years.
11.40 **Silent Witness**
2.00 AM **Waiting for God**
2.45 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

5ACTION has moved here

Your GREAT! movie channels are now here

Monday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** In Greenwich.
12.00 NOON **Money for Nothing** A sideboard.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes to the Dress: UK** Double bill.
4.00 **Animal Cops Phoenix**
5.00 **Saving Lives at Sea**
6.00 **Yorkshire Auction...**
7.00 **Antiques Road Trip**
9.00 **Yorkshire Auction House** New edition
10.00 **The Repair Shop**
11.00 **Ghost Adventures**
12.00 M'T **My House Is Haunted**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Phoenix**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Pointless Celebrities**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** Ruth Madoc, Russell Grant, Jedward, Louie Spence, Rory McGrath, Linda Lusardi and Chico take part in the game.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

6.00 AM **M*A*S*H** (S7)
7.00 **Wild West Chronicles**
7.30 FILM **Eruption: LA** Thriller. (2018, 12) ★★
9.15 **Battle for the Bulge**
10.20 **Battle Honours**
11.30 **M*A*S*H** 9&10/26. (S7)
12.30 PM **Wild West...**
1.00 FILM **Gun Fury** Western. (1953, U, 90min) ★★★
2.45 FILM **Jack Mccall, Desperado** (1953) ★★
4.25 **Battle of Kursk**
5.20 FILM **Paratrooper** Action adventure. (1953, PG, 88min) ★★
7.10 FILM **Saints and Soldiers: Battle of the Tanks** (2014, 12) ★★
9.00 FILM **Age of Heroes** Action thriller. (2011, 15, 90min) ★★★
10.50 FILM **Resistance 1942** Drama. (2021, 15) ★★
1.05 AM FILM **Resident Evil: Final Chapter** (2016)
3.20 **to 4.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **Dead Over Heels: An Aurora Teagarden Mystery** Drama. (2016, PG) ★★
11.00 FILM **The Wrong Nanny** Thriller. (2017, PG, 90min) ★★
1.00 PM FILM **Fatal Reunion** Thriller. (2005, 12) ★★
3.00 FILM **100 Degrees Below Zero** Thriller. (2013, 12, 90min) ★
4.45 FILM **Midnight in Saint Petersburg** Spy thriller. (1995, 15, 90min) ★★
6.40 FILM **Vertical Limit** Adventure. (2000, 12, 124min) ★★★
9.00 FILM **A Few Good Men** Legal drama. (1992, 15, 132min) ★★★★
11.50 FILM **Basic** Thriller. (2002, 15, 98min) ★★
1.55 AM FILM **I Almost Married A Serial Killer** Thriller. (2019, 12) ★★
3.45 **to 6.00** AM FILM **Bullet to Beijing** (1995) ★★

+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM FILM **Seven Year Hitch** (2012, PG) ★★
8.00 FILM **My Birthday Romance** (2020) ★★
10.00 FILM **For the Love of Chocolate** (2021) ★★
12.00 NOON FILM **Lying to Be Perfect** (2010) ★★
2.00 PM FILM **All of My Heart** (2015, PG) ★★
4.00 FILM **All of My Heart: Inn Love** Drama. (2017, PG, 90min) ★★
6.00 FILM **The Birthday Wish** Romantic drama. (2017, PG, 90min) ★★
8.00 FILM **The Christmas Pageant** Comedy. (2011, U, 90min) ★★★
10.00 FILM **Unleashing Mr Darcy** Drama. (2016, PG, 125min) ★★
12.05 AM FILM **Valentine's Again** (2017, PG) ★★
1.35 FILM **All for Love** Drama. (2017, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**

+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 14/25. (S2)
9.00 **The Prisoner** 1/17. (S1)
10.00 **Star Trek: DS9** (S1)
11.00 FILM **Premonition** Supernatural thriller. (2004, 15, 90min) ★★
12.50 PM **Legend Lowdown**
1.00 FILM **Heat Wave** Thriller. (2009, PG) ★★★
2.50 **Legend Lowdown**
3.00 FILM **Angel and the Bad Man** Western. (2009, PG) ★★★
4.50 **Legend Lowdown**
5.00 **Star Trek** 5/30. (S1)
6.00 **Star Trek: DS9** (S1)
7.00 **The Prisoner** 2/17. (S1)
8.00 **Walker, Texas Ranger**
9.00 FILM **Soldier Blue** Western. (1970, 18, 109min) ★★★★
11.15 FILM **The Mummy** (1959, PG) ★★★
1.00 AM FILM **The Heretics** Horror. (2017, 15) ★★
2.45 **to 4.30** AM FILM **Bermuda Tentacles** Thriller. (2014, 12) ★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Scrap Kings**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
10.00 **The Last Alaskans**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Gem Hunters Down Under**
2.00 **Gold Divers: Under the Ice** Double bill.
4.00 **Buying Alaska**
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch**
9.00 **Body Bizarre**
10.00 **Monsters Inside Me**
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
1.00 AM **Alaskan Steel Men**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 258 369

Food Network
140 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Valerie's Home Cooking**
9.00 NEW SERIES **The Kitchen** Summer recipes.
10.00 **Korean Food Tour**
11.00 **American Adventure**
12.30 PM **Nigella Bites**
1.00 **Great British Bake Off**
2.00 **French Adventure**
3.00 **Meals on Wheels**
4.00 **Valerie's Home Cooking**
5.00 **Barefoot Contessa**
6.00 **Guy's Grocery Games**
7.00 **Great British Bake Off**
8.00 **American Adventure**
9.30 **Nigella Bites**
10.00 NEW SERIES **Silos Baking Competition**
11.00 **Holiday Throwdown** New editions Double bill.
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Bill's Tasty Weekends**

+1 hour 240 149

Comedy Central
112/113 132 345 360

8.00 AM **Guessable?**
9.00 **Becker** 12-15/24. (S4)
11.00 **The Middle** (S6)
1.00 PM **Friends** (S5)
7.00 **Friends** 22/24. Joey turns up in Las Vegas to begin filming. **7.30** 23/24. The gang visit Las Vegas. (S5)
8.00 **Most Ridiculous** New editions Comedian Darren Harriott narrates a fresh new batch of the funniest clips out there.
9.00 **Guessable?** With guests Ivo Graham, Eshaan Akbar and Rachel Parris.
10.00 **Rhod Gilbert's Growing Pains**
11.00 **Reno 911!** New episodes (S6)
12.00 M'T **Drunk History**
1.00 AM **South Park** (S11)
2.30 **Bob's Burgers** (S11)
3.00 **The Jeff Dunham Show**
3.25 **Guessable?**
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Takeshi's Castle**
10.00 **Friends** (S5&9)
1.10 PM **Impractical Jokers**
4.00 **The Middle** 2-7/24. (S9)
7.00 **Becker** 12-15/24. (S4)
9.00 **Friends** 20/24. Joey's snoring exasperates Chandler. **9.30** 21/24. Ross and Rachel reminisce. **10.00** 22/24. Joey loses Ross's wedding ring at the stag party. **10.30** 23/24. Part one of two. Ross sets off for England to marry Emily. **11.00** Part two of two. Rachel tries to get to London in time. (S4)
11.30 **Friends** 1-3/24. (S5)
1.00 AM **The Middle** (S9)
2.00 **Criminally Funny**
3.00 **Reno 911!** (S6)
3.45 **Drunk History**
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **Ancient Aliens**
8.40 **Craig Charles: UFO Conspiracies**
9.40 **Curse of Skinwalker Ranch** Documentary.
10.40 **Curse of Oak Island**
11.40 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Time Beings: Extreme Time Travel Conspiracies**
10.00 **Nostradamus Prophecies Revealed**
12.00 M'T **Curse of Oak Island**
1.00 AM **UFO Conspiracies**
2.00 **Alone** Winter arrives.
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Auction Hunters**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Eggheads**
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Coastal Britain with Kate Humble**
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild** In Iceland.
5.00 **Walking Tudor England**
6.00 **Inside the Tower of London** Documentary.
7.00 **A Country Life for Half the Price with Kate Humble** From Wales.
8.00 **Secret Life of the Forest** Dalby and Cropton forests.
9.00 **Ben Fogle: New Lives in the Wild** In Zambia.
10.00 **Air Crash: Disaster Revealed** Documentary.
11.05 **Forged in Fire**
1.00 AM **Inside the Tower of London** Double bill.
3.00 **Dinosaur with Stephen Fry** The Jurassic period.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **The Woodland Workshop** New edition
8.00 **Building the Dream**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery...**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Building the Dream**
4.00 **Escape to the Country**
5.00 **Woodland Workshop**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **Your Home Made Perfect** In St Albans.
9.00 **First Time Fixer** New editions Double bill.
10.00 **Nate & Jeremiah Home Project** New edition
11.00 **Good Bones**
12.00 M'T **Escape to the...**
1.00 AM **The Woodland Workshop** Handicraft.
2.00 **House Hunters** New editions
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Donal MacIntyre's Murder Files**
12.00 NOON **The Fugitive** (S3)
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** The disappearance of a man's mail-order bride. **3.30** The brutal murder of an elderly couple. **4.00** The abduction and murder of a young girl. **4.30** The disappearance of a young woman.
5.00 **The Fugitive** *The 2130:* 27/30. Mark Ryder plans Kimble's capture. (S3)
6.00 **Donal MacIntyre's Murder Files** How the capture of killer Joanna Dennehy led to the discovery of more victims.
7.00 **Judge Judy**
1.00 AM **Donal MacIntyre's Murder Files**
2.00 **The Fugitive** (S3)
3.00 **Fatal Vows** Double bill.
4.55 **to 6.00** AM **Medical Detectives**

TLC
133 133 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered**
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **I Am Jazz** New edition
8.00 **Doubling Down with the Derricos** New edition Reality show.
9.00 **Return to Amish** New edition
10.00 **Dr Pimple Popper**
11.00 **Sister Wives**
12.00 M'T **Body Bizarre**
1.00 AM **My Strange Addiction** Double bill.
2.00 **Dr Pimple Popper**
3.00 **Sister Wives**
4.00 **Doubling Down...**
5.00 **to 6.00** AM **Return to Amish**

+1 hour 233 365

HorrorXtra
317 171 69 138

8.00 AM FILM **Hydra** Thriller. (2009, 15, 94min) ★★
10.00 **Mutant X** 20/22. (S3)
11.00 FILM **Termination Point** Sci-fi thriller. (2007, 15, 90min) ★★
1.00 PM FILM **Lord of the Elves** Fantasy adventure. (2012, 12, 90min) ★★
3.00 **Mutant X** 20/22. (S3)
4.00 **Battlestar Galactica**
5.00 FILM **Mega Shark vs Kolossus** Fantasy thriller. (2015, 12, 90min) ★
7.00 **Mutant X** 21/22. (S3)
8.00 **Battlestar Galactica**
9.00 FILM **The Jurassic Games** Sci-fi thriller starring Ryan Merriman. (2016, 15, 90min) ★
10.50 FILM **Forget Everything And Run** Thriller with Marci Miller and Jason Tobias. (2021, 15, 101min) ★★
1.00 **to 3.00** AM FILM **The Jurassic Games**

+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Sun, Sea and A&E**
11.00 **Paramedics Australia**
12.00 NOON **Highway Cops**
1.00 PM **UK Border Force**
2.00 **Most Haunted**
4.00 **Merlin** 11&12/13. (S5)
6.00 **Supergirl** (S3)
8.00 **Paramedics Australia**
9.00 **Wolfe** 2/6. A person's life is on the line. (S1)
10.00 **Magnum P.I.** *NSWF:* 4/20. Thomas and Higgins search for a missing CEO. (S5)
11.00 **The Blacklist** (S10)
12.00 M'T **Blue Bloods** (S13)
1.00 AM **Motorway Patrol**
2.00 **A League of Their Own Road Trip: Dingle to Dover** Unseen clips.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Hollywood Medium with Tyler Henry**
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take New York**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** A man with a shark bite on his hip. **8.00** An avid hiker hopes to fix her nose.
9.00 **Keeping Up with the Kardashians** Kim struggles to regain her confidence. **10.00** Kourtney is distracted during a sister getaway with Kendall.
11.00 **Hollywood Medium with Tyler Henry**
12.00 M'T **Dr 90210**
2.00 AM **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

HorrorXtra is now found here

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Building Off the Grid**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made**
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Gold Rush: White Water**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers** Mike goes nostalgic, buying a 58-year-old Dormobile campervan.
6.00 **Diesel Brothers** A tool company requests a show-stopping build for a show.

9.00 Street Outlaws

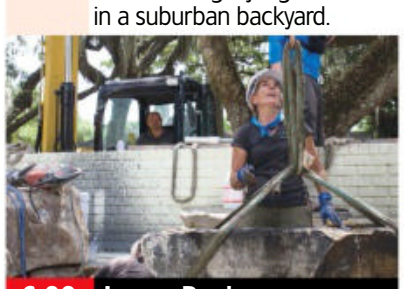
7.00 **Street Outlaws** Big Chief, Ryan, and Daddy Dave all hope to end the season at the top, but a costly mistake occurs.
8.00 **Alaska: The Last Frontier** The cattle drive is threatened by a runaway stallion, and Eivin has a serious injury.
9.00 **Street Outlaws** New edition Tensions flare as the 405 faces Texas' HPP racing. The HPP boys use tactics from earlier races, but the deciding win comes down to the final race.
11.00 **Naked and Afraid XL** A medical emergency stops Jeff in his tracks.
12.00 M'T **Alaskan Killer Bigfoot** Investigators perform a powerful cleansing ceremony.
1.00 AM **Street Outlaws**
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 377

Animal Planet

162 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Intruders** A mother protects her son from snakes.
3.00 **Legends of the Wild**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** A wildlife sanctuary in Mexico.
6.00 **Insane Pools: Off the Deep End** Creating a jungle oasis in a suburban backyard.



6.00 Insane Pools

7.00 **Amanda to the Rescue** Amanda travels to California to pick up at least four new dogs.
8.00 **Expedition Bigfoot** Mireya and Ronny return to where they think they heard whistles and saw glowing eyes.
9.00 **Expedition Bigfoot** Mireya and Ronny have a terrifying experience when they realise they are not alone in the forest.
10.00 **Alaska: The Last Frontier** The family come together to finish Grady's Perl Island cabin build.
11.00 **Crikey! It's the Irwins** A wallaby is severely injured and cannot walk. **12.00** M'T A koala crisis.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262 378

Nat Geographic

129 129 825 183

8.00 AM **Abandoned**
8.30 **Made in a Day**
9.00 **Air Crash Investigation: Special Report**
10.00 **Europe from Above**
11.00 **Ultimate Airport Dubai**
12.00 NOON **Car S.O.S.**
1.00 PM **To Catch a Smuggler**
2.00 **Air Crash Investigation**
3.00 **Drain the Sunken Pirate City**
4.00 **Lost Cities with Albert Lin**
5.00 **Egypt: Secret Chambers Revealed** Exploring the mystery of the Great Pyramid.
6.00 **Lost Treasures of Egypt**

8.00 To Catch a Smuggler

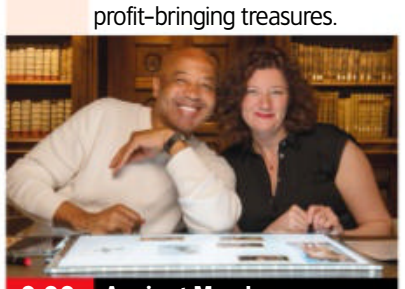
7.00 **Air Crash Investigation** A plane that crashed during a top-secret mission in 1961 with a UN Secretary on board.
8.00 **To Catch a Smuggler** New edition PR AMO agents track down a boat that is loaded with $51M worth of cocaine.
9.00 **Air Crash Investigation** The deadliest single aircraft accident in history threatens to ground 747s worldwide.
10.00 **Airport Security: Rome** At Fiumicino Airport, Border Police stop a father and son travelling with fake passports.
11.00 **Air Crash Investigation**
12.00 M'T **Airport Security**
1.00 AM **Banged Up Abroad**
2.00 **Lords of War**
2.55 **Made in a Day**
3.20 **Food Factory**
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229 383

Sky History

123 123 821 133 353 368

6.00 AM **Forged in Fire**
7.00 **Dirty Old Cars** New editions
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **Bomber: Terror of WWII**
11.00 **Craig Charles: UFO Conspiracies** A mass UFO sighting over Phoenix, Arizona.
12.00 NOON **River Hunters**
1.00 PM **D-Day: Light of Dawn**
2.00 **What on Earth?**
4.00 **The Liquidator**
5.00 **Pawn Stars** Double bill.
6.00 **American Pickers** Rare and profit-bringing treasures.



9.00 Ancient Murders...

7.00 **Forged in Fire** Recreating the Fairbairn Sykes fighting knife and Japanese General Yamashita's gunto.
8.00 **Storage Wars Canada** Roy blasts buyers with crude comments. **8.30** Buyers play mind games in Orangeville.
9.00 **Ancient Murders Unearthed** New edition Examining the death of a 14th-century warlord in Verona, Italy.
10.00 **Viking Dead** Experts analyse the mass grave of a raiding party, which dates back to Roman times.
11.00 **Colosseum** *The Builder:* 2/8. Haterius is tasked with constructing a labyrinth under the Colosseum floor. (S1)
12.00 M'T **Pawn Stars**
1.00 AM **Storage Wars Canada**
2.00 **History's Greatest Mysteries**
3.00 **What on Earth?**
5.00 **to 6.00** AM **The Liquidator**

+1 hour 223 333

Yesterday

155 155 846 129 27 159

6.10 AM **Secrets of the Transport Museum** Double bill.
8.00 **Abandoned Engineering**
10.00 **WW2: Frontlines**
11.00 **The World at War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Travel Man: 48 Hours in Helsinki** With Paul Rudd.
1.30 **Travel Man: 48 Hours in Lisbon** With Adam Buxton.
2.00 **Bangers & Cash**
4.00 **The World at War**
5.00 **War Factories**
6.00 **How to Build a Motor Car**

8.00 Hornby: A Model World

7.00 **Bangers & Cash** A 1970s Bond Bug three-wheeler divides opinion among the Mathewsons customers.
8.00 **Hornby: A Model World** How the dedicated team of designers strive to shrink a new generation of mighty machines.
9.00 **Secrets of the London Underground** Tim Dunn and Siddy Holloway begin their journey at South Kensington.
10.00 **Bangers & Cash** Derek dives into the lost Jowett marque, as a Bradford-built 1952 Javelin finds an unexpected home.
11.00 **Abandoned Engineering** Traces of a mass deception hidden at Ponte Dirillo in Italy.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Secrets of the Transport Museum** Documentary.
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Monday

7 PM 8 PM 9 PM 10 PM

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop at Christmas**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Supertruckers**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop at Christmas** A Chopper bike.
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** An equestrian piece.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters** A country house sale in Norfolk.
9.00 **Hoffman Family Gold**
10.00 **Gold Divers** The Bering Sea becomes the Wild West.
11.00 **How Do They Do It?**
12.00 M'T **Speedway Grand Prix**
1.00 AM **Cornwall Air 999**
2.00 **Supertruckers**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Disappeared**
11.00 **Forensic Detectives**
1.00 PM **Murder on CCTV**
2.00 **Disappeared**
3.00 **Who the Hell**
4.00 **Who the (Bleep) Did I Marry?**
5.00 **Say Yes to the Dress**
6.00 **Say Yes to the Dress: Lancashire** Reality series.
7.00 **Long Lost Family** A look at two stories of missing parents.
8.00 **Murder Under the Friday Night Lights** The murder of a teen cheerleader shocks a small suburban town.
9.00 **Murder on CCTV** An attack in a woman's Illinois home.
10.00 **Who the (Bleep) Did I Marry?** A colonel's wife discovers her husband's startling double life.
11.00 **The Lady Killers**
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A murderer with no lawyer, money and a poor education attempts to overturn the guilty conviction in his case. **7.30** When a security guard disappeared, it took a year to find his body.
8.00 **See No Evil** Police turn to CCTV to help hunt for the killer of Carl Starke, who was shot.
9.00 **Crimes That Shook Australia** The story of the 1986 bombing of the police headquarters on Russell Street in Melbourne. **10.00** The murder of Raechel Betts by a male acquaintance she started selling drugs for.
11.00 **To Catch a Killer** Unsolved murders in the Toronto area.
12.00 M'T **Cold Justice**
1.00 AM **Crimes That Shook Australia** Double bill.
3.00 **See No Evil** As 8.00pm.
3.50 **Medical Detectives**
4.15 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **The Killer Within**
1.00 PM **Forensics: Catching the Killer** True-crime series.
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **When Life Means Life**
6.00 **Forensics: Catching the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** The story of killer Stuart Campbell.
9.00 **Twisted Killers**
10.00 **What the Killer Did Next**
11.00 **Killer in My Village**
12.00 M'T **World's Most Evil Killers**
1.00 AM **Murders That Shocked The Nation** Documentary.
2.00 **Murdered at First Sight**
3.00 **When Life Means Life**
4.00 **Road Wars** Vehicle crime.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 321

PBS America

174 187 84 155

8.00 AM **The Ottoman Empire**
9.25 **1066: A Year to Conquer England** As 7.10pm.
10.45 NEW **Dreadnought Destruction: Sinking the German High Seas Fleet**
11.50 **Project Nazi**
1.00 PM **The Ottoman Empire**
2.30 **1066: A Year to Conquer England** As 7.10pm.
3.45 **Dreadnought Destruction: Sinking the German High Seas Fleet** Documentary.
4.50 **Project Nazi**
5.55 **The Ottoman Empire**
7.10 **1066: A Year to Conquer England** The Battle of Hastings.
8.25 **Dreadnought Destruction: Sinking the German High Seas Fleet** Examining the decision to sink the German High Seas Fleet.
9.35 **Project Nazi** The creation of a Nazi form of art and culture.
10.45 **1066: A Year to Conquer England** As 7.10pm.
12.00 M'T **Dreadnought** As 8.25pm.
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

MONDAY

Monday

Sky Documentaries

121 121 819 188 352 367

6.00 AM **Fish Town**
7.00 **Discovering: Susan Sarandon**
8.00 **The Directors** James Cameron.
9.00 **The 2000s**
10.00 **Exterminate All the Brutes**
11.10 **The Movies**
12.00 NOON **Queen of Speed**
1.50 PM **My Icon: Kadeen Corbin**
2.00 **At the Heart of Gold: Inside the USA Gymnastics Scandal**
3.50 **My Icon: Kadeena Cox**
4.00 **The Directors** James Cameron.
5.00 **Discovering: Susan Sarandon**
6.00 **The 2000s**
7.00 **Women at War: Mexico**
8.00 **The Movies** The history of cinema through the 1970s.
9.00 **LFG** Documentary about the US women's national soccer team.
11.00 **Alexia: Labor Omnia Vincit**
12.00 M'T **GoldenEra**
2.00 AM NEW SERIES **Juan Carlos: Downfall of the King** The fall of the former Spanish King.
3.00 **Kill Chain: The Cyber War on America's Elections**
5.00 **to 6.00** AM **Discovering: Susan Sarandon**

Sky Nature

124 124 822 189 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Wildlife Rescue New Zealand**
9.00 **A Wild Year on Earth**
10.00 **Great Blue Wild**
11.00 **Mysteries of the Mekong**
12.00 NOON **Guardians of the Wild**
1.00 PM **Monkey Life**
2.00 **Wildlife Rescue New Zealand**
3.00 **A Wild Year on Earth**
4.00 **Great Blue Wild**
5.00 **Mysteries of the Mekong**
6.00 **Guardians of the Wild**
7.00 **Monkey Life**
8.00 **Wild Rockies** The animals that live in the Rocky Mountains.
9.00 **Africa's Wild Horizons** How the desert of the Kalahari dominates southwestern Africa.
10.00 **Mysteries of the Mekong**
11.00 **Guardians of the Wild**
12.00 M'T **Extreme Snakes: Australia**
1.00 AM **The Wild Wild East**
2.00 **Wild Rockies** As 8.00pm.
3.00 **Africa's Wild Horizons**
4.00 **Wildlife Rescue New Zealand**
5.00 **to 6.00** AM **A Wild Year on Earth**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens: The Ultimate Evidence**
7.00 **Ancient Aliens**
8.00 **Auction Hunters**
9.00 **Alien Files: Unsealed**
10.00 **Strangest Things**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Al Murray: Why Does Everyone Hate the English?**
2.00 **James Nesbitt: Disasters That Changed Britain**
3.00 **WWII's Most Daring Raids**
4.00 **Alien Files: Unsealed**
5.00 **Cracking the Code**
6.00 **History's Greatest Mysteries**
7.00 **Treasures Decoded**
8.00 **The Proof Is Out There**
9.00 **History's Greatest Mysteries**
10.00 **Paranormal: Caught on Camera** Documentary.
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Rust Valley Restorers**
3.00 **History's Greatest Mysteries**
4.00 **Al Murray: Why Does Everyone Hate the English?**
5.00 **to 6.00** AM **James Nesbitt: Disasters That Changed Britain**

Crime+Investigation

156 156 837 131

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Sunshine Slayings**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Orange County**
2.00 **Murdered by Morning**
3.00 **Snapped** Judith Hawkey.
4.00 **Robbie Coltrane's Critical Evidence** Graham Backhouse.
5.00 **Homicide Hunter**
6.00 **The First 48**
7.00 **First 48: Detective Speaks**
8.00 **Sunshine Slayings** New edition Sexual assaults lead to murder.
9.00 **Meet, Marry, Murder** New edition Documentary.
10.00 **999: Killer on the Line**
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Meet, Marry, Murder**
2.00 **Snapped** Judith Hawkey.
3.00 **Sunshine Slayings** New edition
5.00 **to 6.00** AM **The Real Murders of Orange County**

+1 hour 256 331

WILD

165 165 841 182

8.00 AM **Bizarre Animal Friends**
9.00 **Wild Namib: Land of Extremes**
10.00 **Africa's Deadly Kingdoms**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **When Sharks Attack**
3.00 **Hostile Planet**
4.00 **Secrets of the Zoo**
5.00 **Fish Tank Kings**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa**
8.00 NEW **Saved from a Shark** Accounts from people who believe dolphins and whales saved them from shark attacks.
9.00 **When Sharks Attack** The circumstances behind serious shark attacks worldwide.
10.00 **Cannibal Sharks** Evidence of sharks attacking each other.
11.00 **Shark Attack Files**
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Wild Russia: Earth's Last Great Wilderness**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers**
7.00 **Wings of War**
8.00 **Unsolved History**
9.00 **Combat Dealers**
10.00 **Lost City of the Desert**
11.00 **How the Universe Works**
12.00 NOON **Mysteries at the Castle**
1.00 PM **Combat Dealers**
2.00 **Wings of War**
3.00 **Blowing Up History**
4.00 **The Alaska Triangle**
5.00 **Unsolved History**
6.00 **Mysteries at the Castle**
7.00 **Expedition Unknown** The final resting place of Cleopatra.
8.00 **Combat Dealers** Bruce hunts down relics of George S Patton.
9.00 **Blowing Up History** Exploring the sacred city of Nippur.
10.00 **Salvage Hunters** A collection of 19th-century balconet rails.
11.00 **Shed and Buried**
12.00 M'T **Combat Dealers**
2.00 AM **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Expedition with Steve Backshall** Seven editions.
4.00 PM **Impossible Engineering**
5.00 **Fascinating New Zealand**
6.00 **The Zoo** Ken is concerned when a hippopotamus falls ill. **6.30** An Asian bull elephant prepares to move to France.
7.00 **The Life of Birds** The bizarre mating rituals and extraordinary displays used by males to catch a female's eye.
8.00 **Impossible Engineering** A new building changing the iconic Manhattan skyline.
9.00 **Fascinating New Zealand** Exploring New Zealand's rugged fjords and mountain peaks.
10.00 **The Zoo** Double bill of editions.
11.00 **The Life of Birds**
12.00 M'T **Impossible Engineering**
1.00 AM **Whale Wisdom**
2.00 **Fascinating New Zealand**
3.00 **The Zoo** Double bill of editions.
3.50 **Whale Wisdom**
4.40 **Fascinating New Zealand**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Southern Fried Homicide**
6.00 **Forensic Detectives**
8.00 **Still a Mystery** A case in which a newly engaged woman was found dead on New Year's Day.
9.00 **Murder in the Heartland** The case of Marshall Dent, whose body was found in a grave.
10.00 **Murder Tapes** The death of a teenager with special needs. **11.00** A 69-year-old man missing in Kalamazoo, Michigan.
12.00 M'T **Still a Mystery**
1.00 AM **Betrayed**
2.00 **The 1980s: The Deadliest Decade** Kirsten Costas.
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Scrap Kings**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Wheeler Dealers**
9.00 **Disasters at Sea**
10.00 **Garage Squad**
11.00 **Junkyard Empire**
12.00 NOON **Chasing Classic Cars**
1.00 PM **Fifth Gear**
2.00 **Wheeler Dealers**
3.00 **World's Top 5**
4.00 **Arctic Ice Railroad**
5.00 **Outback Truckers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Wheeler Dealers**
8.00 **Arctic Ice Railroad**
9.00 **Garage Squad** A customer calls the team in to restore his mother's Triumph Spitfire.
10.00 **Demolition Down Under**
11.00 **Mega Shippers** The daily lives of cargo ship workers.
12.00 M'T **Arctic Ice Railroad**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud Revved Up**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/284

Films

HorrorXtra and GREAT! movie

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Armageddon Time**
8.05 **Emily** Biopic period drama. (2022, 15, 130min) ★★★★
10.25 **The Lost King** Comedy. (2022, 12, 108min) ★★★
12.25 PM **Breaking Point** (2023)
2.20 **The Locksmith** As 8.00pm.
4.10 **Seriously Red** Romantic comedy starring Krew Boylan. (2022, 15, 104min) ★★★
6.05 **Breaking Point** Drama with Karam Singh and Kelvin Clarke. (2023, 12, 102min) ★★★

6.05 Breaking Point

8.00 **The Locksmith** Mystery drama starring Ryan Phillippe, Kate Bosworth and Ving Rhames. A former criminal is forced to use his skills as a gifted locksmith. (2022, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Armageddon Time** Drama starring Banks Repeta, Jaylin Webb and Anne Hathaway. A friendship between two students is tested by prejudices in 1980s New York. (2022, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Linoleum** Sci-fi comedy drama starring Jim Gaffigan. (2022, 12, 101min) ★★★
2.05 **It Is In Us All** Drama. (2022, 15, 92min) ★★★
3.55 **Dead Shot** Action thriller. (2023, 15, 92min) ★★★
5.45 **to 6.05** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Screen Queens

303 303 403 503 517

6.00 AM **Aisha** As 2.10pm.
7.50 **The Glorias** Biopic drama. (2020, 12, 139min) ★★★
10.20 **Brooklyn** As 4.55am.
12.20 PM **Kramer vs Kramer**
2.10 **Aisha** Drama starring Letitia Wright and Josh O'Connor. (2022, 12, 94min) ★★★★
3.50 **A Good Person** Drama. (2022, 15, 129min) ★★★★
6.00 **Roman Holiday** Comedy with Audrey Hepburn. (1953, b/w, U, 118min) ★★★★★

6.00 Roman Holiday

8.00 **Steel Magnolias** Comedy about the friendship of six very different Louisiana women, starring Sally Field, Shirley MacLaine, Julia Roberts, Dolly Parton, Olympia Dukakis and Daryl Hannah. (1989, PG, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Kramer vs Kramer** Drama starring Dustin Hoffman and Meryl Streep as a couple fighting for custody of their child. With Justin Henry. (1979, PG, 104min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Miss Sloane** Crime drama starring Jessica Chastain. (2016, 15, 132min) ★★★★
2.10 AM **The Girl with the Dragon Tattoo** David Fincher's gripping crime thriller remake. (2011, 18, 152min) ★★★★
4.55 **to 7.00** AM **Brooklyn** Drama. (2015, 12, 109min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **Minari** As 11.55pm.
9.10 **No Man's Land** As 1.55am.
11.10 **Mr Holmes** Period mystery. (2015, PG, 101min) ★★★★
1.00 PM **Defiance** Action drama. (2008, 15, 137min) ★★★★
3.20 **Manchester by the Sea** Drama. (2016, 15, 134min) ★★★★★
5.40 **Call Me By Your Name** Drama starring Armie Hammer. (2017, 15, 136min) ★★★★★

8.00 **Eddie the Eagle** Biopic of British underdog ski jumper Eddie Edwards, who became a sensation during the 1988 Winter Olympics. Stars Taron Egerton and Hugh Jackman. (2016, PG, 103min) ★★★
9.50 **Neds** Peter Mullan's drama starring Conor McCarron and Gregg Forrest. In 1970s Glasgow, a bright working-class youngster falls in with a gang and becomes a delinquent. (2010, 18, 123min) ★★★★

11.55 **Minari** Romantic drama. (2020, 12, 115min) ★★★★
1.55 AM **No Man's Land** Action adventure starring Jake Allyn. (2020, 12, 114min) ★★★
3.55 **to 6.05** AM **Finding You** Romantic drama with Rose Reid. (2021, PG, 119min) ★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.25 AM **Voyagers** As 3.50am.
8.25 **Snowpiercer** As 11.50pm.
10.45 **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
12.35 PM **The Possession** Horror. (2012, 15, 90min) ★★★
2.15 **The Eye** American remake of the Asian supernatural thriller. (2008, 15, 92min) ★★★
4.10 **Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★

6.10 **The Dark Tower** Fantasy adventure starring Idris Elba and Matthew McConaughey. (2017, 12, 95min) ★★
8.00 **Midnight Special** Sci-fi adventure starring Michael Shannon and Jaeden Martell. (2015, 12, 109min) ★★★★
9.55 **Halloween Ends** Horror sequel starring Jamie Lee Curtis. Laurie Strode rebuilds her life, until evil returns to town and she faces her greatest fear once more. (2022, 18, 111min) ★★★

11.50 **Snowpiercer** Fantasy thriller. (2013, 15, 126min) ★★★★
2.00 AM **Studio 666** Comedy. (2022, 18, 106min) ★
3.50 **Voyagers** Sci-fi thriller. (2020, 15, 108min) ★★★
5.50 **to 6.50** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.05 AM **The Tiger Rising** (2022)
7.50 **Scooby-Doo** As 12.40am.
9.20 **Little Vampire** (2020) ★★★
10.50 **The Smurfs** (2011, U) ★★
12.35 PM **Willy Wonka and the Chocolate Factory** Musical. (1971, U, 100min) ★★★★
2.20 **The Spy Next Door** Comedy. (2010, PG, 94min) ★★
4.00 **MouseHunt** (1997) ★★★★
5.40 **Spy Kids** (2001, U) ★★★★
7.10 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★

7.10 The Karate Kid

The Karate Kid (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Blueback** Family drama starring Mia Wasikowska and Eric Bana. A youngster befriends a wild blue fish, and takes on the poachers threatening it. With Ariel Donoghue. (2022, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Brady Bunch Movie** Spoof comedy starring Shelley Long and Gary Cole. (1995, 12, 89min) ★★★
12.40 AM **Scooby-Doo** Comedy starring Freddie Prinze Jr and Sarah Michelle Gellar. (2002, PG, 86min) ★★★
2.10 **The Spy Next Door** (2010)
3.55 **The Brady Bunch Movie**
5.35 **to 7.20** AM **The Tiger Rising** Drama starring Dennis Quaid. (2022, PG, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

7.30 AM **Fast & Furious Greatest Moments: Refuelled**
8.20 **Wonder Woman** As 4.15am.
9.45 **Welcome to the Punch** Thriller. (2013, 15) ★★★
11.40 **Ambulance** As 12.05am.
2.00 PM **Power Rangers** Fantasy. (2017, 12, 119min) ★★★
4.05 **Batman & Robin** Fantasy sequel with George Clooney. (1997, PG, 125min) ★★
6.10 **Fast and the Furious** Thriller. (2001, 15, 107min) ★★★

4.05 Batman & Robin

8.00 **2 Fast 2 Furious** Thriller sequel starring Paul Walker. A former cop and his ex-con friend set out to clear their names by going undercover to infiltrate the world of a drugs baron. (2003, 12, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Expendables 3** Action thriller sequel starring Sylvester Stallone and Mel Gibson. Soldier of fortune Barney Ross recruits a new team to battle an arms dealer with a score to settle. (2014, 12, 126min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Ambulance** Crime drama starring Jake Gyllenhaal and Yahya Abdul-Mateen II. (2022, 15, 136min) ★★★★
2.25 **2 Fast 2 Furious** As 8.00pm.
4.15 **Wonder Woman** Animated family action adventure. (2009, PG, 74min) ★★★
5.45 **to 7.50** AM **Batman & Robin**

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Trainwreck** As 3.15am.
8.50 **Dirty Grandpa** As 1.20am.
10.45 **Rough Night** As 11.35pm.
12.30 PM **Click** Fantasy comedy. (2006, 12, 103min) ★★★★
2.20 **The Terminal** Comedy. (2004, 12, 129min) ★★★★
4.30 **Groundhog Day** Comedy starring Bill Murray. (1993, PG, 103min) ★★★★★
6.15 **Shaun of the Dead** Horror comedy starring Simon Pegg. (2004, 15, 99min) ★★★★

9.35 Superbad

8.00 **Daddy Day Care** Family comedy starring Eddie Murphy and Jeff Garlin as two unemployed fathers who decide to run a day-care centre. (2003, PG, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Superbad** Raunchy teen comedy starring Jonah Hill and Emma Stone. Two high school friends embark on a quest to buy booze and lose their virginity. (2007, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Rough Night** Comedy with Scarlett Johansson, Kate McKinnon and Zoë Kravitz. (2017, 15, 101min) ★★
1.20 AM **Dirty Grandpa** Comedy starring Robert De Niro. (2016, 15, 105min) ★★
3.15 **Trainwreck** Comedy with Amy Schumer and Bill Hader. (2015, 15, 124min) ★★★
5.25 **to 7.10** AM **Me, Myself and Di** Comedy with Katy Clayton. (2021, 12, 93min) ★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Captain Phillips** Gripping fact-based thriller. (2013, 12, 129min) ★★★★★
8.40 **The Card Counter** (2021)
10.40 **Traitor** As shown at 2.05am.
12.40 PM **The Family** As 8.00pm.
2.40 **Poker Face** Crime thriller. (2022, 15, 120min) ★★★
4.20 **Man on a Ledge** Thriller. (2011, 12, 98min) ★★★
6.10 **Side Effects** Psychological thriller starring Jude Law. (2013, 15, 106min) ★★★★

10.00 To Catch a Killer

8.00 **The Family** Dark crime comedy starring Robert De Niro and Michelle Pfeiffer as a Mafia couple living in witness protection in Europe with their teenage children. With John D'Leo. (2013, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

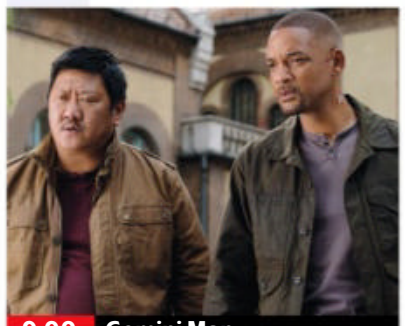
10.00 **To Catch a Killer** Thriller starring Shailene Woodley. A Baltimore police officer is recruited by the FBI to help profile and track down a disturbed individual terrorising the city. (2023, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Card Counter** Crime thriller starring Oscar Isaac. (2021, 15, 111min) ★★★★
2.05 **Traitor** Suspense thriller. (2008, 12, 114min) ★★★
4.10 **to 6.00** AM **Emily the Criminal** Crime thriller. (2022, 15, 97min) ★★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Last Hurrah** Drama. (1958, b/w, U, 121min) ★★★
1.25 PM **All the King's Men** Oscar-winning drama. (1949, b/w, PG, 109min) ★★★★★
3.50 **Samson and Delilah** Biblical drama starring Victor Mature. (1949, U, 128min) ★★★
6.25 **The Legend of Zorro** Swashbuckling adventure sequel with Antonio Banderas. (2005, PG, 130min) ★★★


9.00 Gemini Man

The Legend of Zorro (film started at 6.25pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Gemini Man** Action drama starring Will Smith and Mary Elizabeth Winstead. An ageing assassin is targeted by a mysterious enemy that seems to be able to anticipate his every move. (2019, 12, 117min) ★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.15 **War of the Worlds** Sci-fi thriller starring Tom Cruise. When an extraterrestrial army launches a devastating attack on Earth, a dockworker strives to protect his kids. (2005, 12, 116min) ★★★★ **11 PM**
1.30 **to 3.20** AM **Cube** Thriller with Nicole de Boer, Andrew Miller and David Hewlett. (1997, 15, 90min) ★★

+1 hour 314 430 47 301

Sky Cinema Blockbusters

302 302 402 502 516

6.10 AM **Nanny McPhee** (2004)
8.05 **Divergent: Insurgent** Adventure sequel. (2015, 12, 116min) ★★
10.15 **Fast & Furious 7** Thriller sequel. (2015, 12, 132min) ★★★★
12.45 PM **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy adventure. (2001, PG, 178min) ★★★★★
3.55 **Salt** Espionage action thriller. (2010, 12, 99min) ★★★
5.50 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
8.00 **The Lord of the Rings: The Two Towers** Fantasy adventure sequel continuing JRR Tolkien's mythical saga, starring Elijah Wood and Ian McKellen. As the power of the evil Sauron continues to grow, threatening to overwhelm Middle Earth, the fellowship of the ring dissolves. (2002, 12, 179min) ★★★★★
11.00 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
1.10 AM **Men in Black: International** Fantasy sequel. (2019, 12, 110min) ★★★
3.10 **Nanny McPhee** Family comedy fantasy with Emma Thompson. (2004, U, 98min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Carry On Cleo** As 4.10am.
7.50 **Eternal Sunshine of the Spotless Mind** As 2.10am.
9.50 **The Remains of the Day** Merchant-Ivory period drama. (1993, U, 134min) ★★★★★
12.20 PM **Sabrina** Comedy. (1954, b/w, U, 113min) ★★★★
2.20 **Love Story** Drama starring Ryan O'Neal and Ali MacGraw. (1970, PG, 100min) ★★★★
4.15 **Funny Face** Romantic musical. (1956, U, 103min) ★★★★
6.10 **The Duellists** Ridley Scott's Napoleonic drama starring Keith Carradine and Harvey Keitel as French officers who fight a series of duels of honour. (1977, PG, 101min) ★★★★
8.00 **Paper Moon** Comedy starring Ryan and Tatum O'Neal. (1973, b/w, PG, 100min) ★★★★
10.00 **Sunset Boulevard** Melodrama starring William Holden. (1950, b/w, PG, 110min) ★★★★★
12.00 M'T **Young at Heart** Musical. (1954, U, 117min) ★★★
2.10 AM **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★
4.10 **to 6.00** AM **Carry On Cleo** Comedy starring Sidney James. (1964, PG, 90min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Astro Kid** As 1.55am.
7.45 **The Snow Queen** As 12.30am.
9.10 **Minions: The Rise of Gru** Animation. (2022, U) ★★★
10.55 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
12.35 PM **Fireheart** Animation. (2022, U, 92min) ★★★
2.15 **Duck Duck Goose** As 10.45pm.
4.00 **Valiant** Animated adventure. (2005, U, 76min) ★★★
5.30 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
7.15 **Rock Dog** Animated adventure with the voices of Luke Wilson. (2016, PG, 90min) ★★★
9.00 **Tad the Lost Explorer and the Curse of the Mummy** Animated adventure featuring the voice of Trevor White. (2022, PG, 105min) ★★★
10.45 **Duck Duck Goose** Animation with the voice of Stephen Fry. (2018, PG, 91min) ★★★
12.30 AM **Snow Queen** Animated fantasy. (2013, U, 74min) ★★
1.55 **Astro Kid** Animated adventure. (2019, PG, 89min) ★★★
3.40 **Tad the Lost Explorer and the Curse of the Mummy** As 9pm.
5.25 **to 6.25** AM **Sky Cinema Preview**

Movies 24

325 419

7.00 AM **Twas the Night Before Christmas** Festive drama. (2022, PG, 90min) ★★
9.00 **Bells Are Ringing: Christmas in Evergreen** Romantic drama. (2020, U, 89min) ★★
11.00 **Making Spirits Bright** Drama. (2021, PG, 84min) ★★
1.00 PM **A Lot Like Christmas** Comedy with Maggie Lawson. (2021, PG, 86min) ★★
3.00 **A Holiday Spectacular** Drama. (2022, PG, 90min) ★★
5.00 **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
7.00 **Haul Out the Holly** Comedy starring Lacey Chabert and Wes Brown. (2022, PG, 90min) ★★
9.00 **#Xmas** Comedy with Clare Bowen and Brant Daugherty. A single woman recruits her best friend and her baby nephew to pose as her perfect husband and child for a contest. (2022, PG, 90min) ★★
11.00 **Sugar Plum Twist** Festive drama. (2021, PG, 90min) ★★
1.00 AM **Project Christmas Wish** Drama. (2020, PG, 85min) ★★
3.00 **to 5.00** AM **Christmas in New York** Drama. (2021, PG) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Girdle of Gold** Comedy. (1952, b/w, U, 60min) ★★
7.15 **While I Live** Drama. (1947, b/w, PG, 85min) ★★
8.50 **Hour of Decision** Mystery. (1957, b/w, PG, 79min) ★★
10.25 **The Rainbow Jacket** Drama. (1953, PG, 96min) ★★
12.25 PM **Heaven Knows, Mr Allison** Wartime romantic drama. (1957, PG, 100min) ★★★★
2.30 **Crown Court** 10/39. (S1)
3.00 **Ring of Spies** Spy thriller. (1963, b/w, PG, 90min) ★★
4.45 **Mark of the Phoenix** Thriller. (1958, b/w, U, 68min) ★
6.00 **The Footage Detectives**
7.00 **The Champions** 24/30. (S1)
8.00 **The Main Chance** 11/13. (S4)
9.00 **The Onion Field** Crime drama starring John Savage and James Woods. An LA cop cracks up after witnessing the murder of his partner. (1979, 18, 126min) ★★★
11.30 **Kessler** 3/6. (S1)
12.35 AM **Crown Court** (S2)
2.10 **Deathsport** Sci-fi drama starring David Carradine. (1978, 18, 82min) ★
3.50 **to 6.00** AM **Mother Wore Tights** Musical with Betty Grable. (1947, U, 107min) ★★★

Monday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **World Cup Breakfast**
8.00 **Good Morning Sports Fans**
8.30 **World Cup Breakfast** Headlines and stories surrounding the Women's World Cup.
9.00 **Good Morning Sports Fans**
10.00 **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
1.00 PM **The Open** A preview of the Major at Royal Liverpool Golf Club, as today's leading stars prepare to emulate greats of the past by capturing one of the sport's most prestigious events.
2.00 **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
6.00 **Sky Sports News** Round-up of the latest sports news.
7.00 **LIVE World Matchplay Darts** The third day of the tournament, which takes place at Winter Gardens in Blackpool. Michael van Gerwen beat Gerwyn Price 18-14 in last year's final, as he won this competition for the third time.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **Premier League Highlights**
10.00 **PL Retro**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Highlights**
5.00 **Premier League Review**
7.00 **Premier League**
8.00 **Gary Neville's Soccerbox** Gary sits down with former Manchester United and England teammate Paul Scholes.
9.00 **Tackling the Stigma** A look at football's issues with mental health, exploring the practices clubs and players are adopting to change the narrative.
10.00 **Premier League Icons** A profile of Dennis Bergkamp.
10.30 **PL Retro** A replay of Leicester City v Manchester United.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2012/13 play-offs.
9.00 **SPFL** A look at the best goals of the 2010/11 season.
9.30 **EFL Greatest Games**
10.00 **Championship Retro** A chance to see Blackburn Rovers v Manchester City from 2000.
12.00 NOON **EFL Cup Retro** Manchester United v Tottenham Hotspur in the 2008/09 final.
2.45 PM **EFL Greatest Games**
3.00 **Retro League One** Another chance to see Charlton Athletic v Sunderland in the 2018/19 League One play-off final.
5.00 **EFL Greatest Games**
5.30 **SPFL** A look at the best goals of the 2014/15 season.
6.00 **EFL Cup Retro** Liverpool v Cardiff City in the 2012 final.
8.45 **EFL Greatest Games** Ipswich Town v Sheffield Wednesday from the 2017/18 season.
9.00 **Championship Retro** Leeds United v Derby County from 2019.
11.00 **EFL Greatest Games**
12.00 M'T **Championship Season Review 2013/14**
1.00 AM **EFL** This year's play-offs.
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Women's Ashes**
8.00 **The Ashes** Action from days one to five of the first Test in the five-match series, which took place at Edgbaston, Birmingham.
1.00 PM **The Ashes** Action from days one to five of the second Test in the five-match series, which took place at Lord's, London.
6.00 **The Ashes** Action from days one to five of the third Test in the five-match series, which took place at Headingley Stadium in Leeds.
11.00 **Women's Ashes** Action from the first ODI between England and Australia in the multi-format series which took place at The Seat Unique Stadium, Bristol.
12.00 M'T **Women's Ashes** Action from the second ODI between England and Australia in the multi-format series which took place at Ageas Bowl in Southampton.
1.00 AM **How the 2009 Ashes Were Won** A look back at the key moments in the series.
3.00 **Ashes Memories** Charlotte Edwards shares her experiences of playing against Australia.
3.30 **Ace: A Programme For Change**
4.00 **to 6.00** AM **Women's Ashes**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **The Open: Official Films**
7.00 **DP World Tour Golf**
8.00 **The Open Films: Woods 2006**
9.00 **The Open Films: McIlroy 2014**
10.00 **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
1.00 PM **The Open** A preview of the Major, as today's leading stars prepare to emulate greats of the past by capturing one of the sport's most prestigious events.
2.00 **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
6.00 **Chronicles of a Champion Golfer** Profiles of leading players.
7.00 **PGA Tour Golf**
8.00 **DP World Tour Golf**
9.00 **The Open** A preview of the Major at Royal Liverpool Golf Club.
10.00 **Golf's Greatest Showdown**
11.00 **DP World Tour Golf**
12.00 M'T **PGA Tour Golf**
1.00 AM **Chronicles of a Champion Golfer** Profiles of leading players.
2.00 **The Open: Official Films**
3.00 **The Open Films: Miller 1976**
4.00 **The Open: Official Films**
5.00 **to 6.00** AM **The Open Films: Ballesteros 1979**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **ESPN FC** Football news.
6.30 **What I Wore** Paul Scholes.
7.00 **WWE NXT Highlights**
8.00 **Test Cricket Highlights**
9.00 **UEFA Champions League Goals Show Retro**
10.00 **Badminton** US Open finals.
12.00 NOON **Behind the Game**
12.30 PM **UEFA Champions League Goals Show Retro**
1.30 **What I Wore** Gianfranco Zola. **1.45** With Gary Lineker.
2.00 **Test Cricket Highlights**
3.00 **What I Wore** Michael Owen.
3.45 **Original Documentary**
5.00 **ESPN FC** Football news.
5.30 **ESPN FC Presents: Gab & Juls**
6.00 **V8 Supercars Highlights**
8.00 **The WRC Magazine**
8.30 **Joe Cole Cast**
9.00 **Fishing: On the Bank**
10.00 **ESPN FC** Football news.
10.30 **ESPN FC Presents: Gab & Juls**
11.00 **WWE Raw Highlights**
12.00 M'T **WWE SmackDown**
1.00 AM **LIVE WWE Monday Night Raw** Wrestling coverage.
4.15 **ESPN Classic Boxing**
4.45 **Currie Club**
5.15 **What I Wore** Hector Bellerin.
5.30 **to 6.00** AM **ESPN FC Presents**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **FIM JuniorGP Championship** The first race of the JuniorGP in Barcelona.
10.30 **MotoGP Rewind**
12.00 NOON **Premier League Reload**
6.15 PM **Deaf Away Days** The biggest sporting events in the UK.
6.30 **Badminton** The US Open finals, which take place at Mid-America Centre in Council Bluffs, Iowa.
8.30 **Behind the Game** With West Ham's Jarrod Bowen and rapper Tinie Tempah.
9.00 **UFC** Action from the women's bantamweight bout between Holly Holm and Mayra Bueno Silva, which took place at UFC Apex in Las Vegas, Nevada.
12.00 M'T **UFC: The Ultimate Fighter** Documentary series following MMA fighters as they train and compete against each other.
1.00 AM **UFC Fight Flashback** A look back at the best of the action from the UFC 278 rematch.
1.30 **LIVE Major League Cricket Texas Super Kings v MI New York.** Coverage of the T20 match from Grand Prairie Stadium.
5.30 **to 6.00** AM **MLB Plays of the Week**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **The High Performance Podcast** Double bill.
8.00 **Best Foot Forward**
9.30 **The WRC Magazine**
10.00 **Sign Up** Highlights of Tottenham Hotspur v Brentford using sign language and subtitles.
10.30 **Behind the Game** With Arsenal goalkeeper Aaron Ramsdale.
11.00 **ESPN Classic Boxing** Another chance to see a classic bout from the boxing archives.
9.00 PM **30 for 30** A look at the remarkable tale of former boxer James 'Buster' Douglas.
10.00 **30 for 30: Chasing Tyson** A look at the fights between Mike Tyson and Evander Holyfield.
11.30 **ESPN Classic Boxing** Classic bouts involving Mike Tyson.
12.00 M'T **LIVE MLB Baltimore Orioles v Los Angeles Dodgers.** Coverage of the inter-league match from Camden Yards. Start-time **12.05am**.
3.30 AM **MLB: Off the Bat**
4.00 **Test Cricket Highlights**
5.00 **Cutthroat**
5.15 **30 for 30 Shorts**
5.30 **The Irrelevant Giant**
5.45 **to 6.00** AM **30 for 30 Shorts**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **World Matchplay Darts**
10.00 **Black Arrows: The Next Generation**
11.00 **Darts Gold** Archive action.
11.45 **Legends of Darts**
12.00 NOON **NFL Highlights** Kansas City Chiefs v New England Patriots from 2018/19.
1.00 PM **Super Bowl LIII Highlights** Action from the 2019 match between New England Patriots and Los Angeles Rams from Mercedes-Benz Stadium in Atlanta.
3.00 **The Rugby Championship** Australia v Argentina.
5.10 **Darts Top Five Moments**
5.15 **My Icon** Maggie Alphonsi.
5.30 **NFL Special: All Madden** A look back at the pioneering career of John Madden.
7.00 **LIVE World Matchplay Darts** Coverage of the third day of the tournament, which takes place at Winter Gardens in Blackpool.
11.00 **Darts Gold** Archive action.
11.30 **Chiefs: 24 Hours to Kickoff**
12.00 M'T **Total Access**
1.00 AM **NFL Bitesize Highlights**
3.00 **NFL Highlights**
4.00 **to 6.00** AM **Super Bowl LVII Highlights**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **My Icon** Double bill.
8.00 **Ladies European Tour Golf**
12.00 NOON **Women's Ashes**
1.00 PM **State of Origin Rugby League Highlights**
1.15 **Super League Highlights**
1.45 **My Icon** John Amaechi.
2.00 **Fight Night International**
4.00 **My Icon** John Amaechi.
4.15 **State of Origin Rugby League Highlights**
4.30 **Super League Highlights**
5.00 **Women's Ashes**
6.00 **DP World Tour Golf** Day four of the Genesis Scottish Open.
7.00 **PGA Tour Golf** Highlights from the Barbasol Championship.
8.00 **Women's Ashes** Action from the second ODI between England and Australia in the multi-format series, which took place at Ageas Bowl in Southampton.
9.00 **The Rugby Championship** New Zealand v South Africa.
11.10 **Super League Gold**
11.15 **Super League Highlights**
12.00 M'T **Vitality T20 Blast Cricket**
4.00 AM **DP World Tour Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

BT Sport 4

421 421 876 | 530 | 411 434

6.00 AM **In Depth with Graham Bensinger** With Bode Miller..
7.00 **ESPN FC** Football news.
7.30 **MLB** Recent baseball action.
10.00 **MLB Plays of the Week**
10.30 **MLB: Off the Bat**
11.00 **The Ocho**
12.00 NOON **ESPN FC** Football news.
12.30 PM **In Depth with Graham Bensinger**
1.30 **SEC Storied**
2.30 **One for the Ages**
3.30 **SEC Storied**
4.30 **MLB** A chance to see Oakland Athletics v Minnesota Twins.
7.00 **ESPN FC Presents: Gab & Juls**
7.30 **MLB** A replay of Los Angeles Angels v Houston Astros.
10.00 **Test Cricket Highlights** Action from West Indies v India.
11.00 **Behind the Game**
11.30 **ESPN FC Presents: Gab & Juls**
12.00 M'T **30 for 30**
3.00 AM **UFC Fight Flashback**
5.30 **to 6.00** AM **Sport in Focus**

Eurosport 1

410 410 868 | 521 | 412 435

6.00 AM **Cycling: Tour de France**
7.00 **Tour de France: Breakaway**
7.30 **Tennis: Wimbledon**
9.00 **Climbing World Cup**
10.00 **Cycling: Desafio China by La Vuelta**
11.00 **BMX European Championships**
12.00 NOON **Cycling: Tour de France**
1.00 PM **Tour de France: Breakaway**
1.30 **Tennis: Wimbledon**
4.30 **Cycling: Tour de France**
5.30 **Tour de France: Breakaway**
6.00 **Cycling: Desafio China by La Vuelta**
7.00 **Climbing World Cup**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Tennis: Wimbledon** Day 14.
11.00 **Cycling: Tour de France**
12.00 M'T **Tour de France: Breakaway**
12.30 AM **Playing Fields**
1.00 **World Superbikes**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: Breakaway**
3.30 **to 6.00** AM **Highlights**

Eurosport 2

411 411 869 | 522 | 413 436

6.30 AM **British Speedway**
7.30 **Sailing: Spirit of Yachting**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Cycling: Tour de France Femmes** A look ahead.
10.00 **Formula E** Recent action.
12.00 NOON **Motocross World Championship**
2.00 PM **Cycling: Tour de France**
3.00 **Tour de France: Breakaway**
3.30 **World Superbikes**
5.30 **Formula E** The Rome ePrix.
6.30 **British Speedway**
7.30 **LIVE British Speedway Belle Vue Aces v Ipswich Witches.**
10.00 **World Superbikes**
12.00 M'T **Motocross World Championship**
12.30 AM **Cycling: Tour de France**
1.30 **Tour de France: Breakaway**
2.00 **Speedway Grand Prix**
3.00 **FIA World Endurance Championship**
4.00 **to 6.30** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **State of Origin Rugby League**
7.00 **Super League Highlights**
8.00 **The Rugby Championship**
10.10 **Darts Top Five Moments**
10.15 **WNBA** Another chance to see Indiana Fever v Dallas Wings.
12.15 PM **World Matchplay Darts**
4.15 **State of Origin Rugby League Highlights**
4.30 **Super League Highlights**
5.30 **Fight Night** A replay of Lawrence Okolie v Chris Billam-Smith.
6.30 **The Rugby Championship** A replay of Australia v Argentina.
8.40 **My Icon**
9.00 **The Rugby Championship** New Zealand v South Africa.
11.10 **Super League Gold**
11.15 **Super League Highlights**
12.00 M'T **WNBA** Recent action.
2.00 AM **Netball Superleague**
4.00 **Super League Highlights**
5.00 **to 6.00** AM **State of Origin Rugby League**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** The British Grand Prix.
3.30 PM **The Notebook**
4.00 **Indycar** The Honda Indy Toronto, the 10th round of the season at Exhibition Place in Toronto.
6.30 **Formula 1** Highlights of the British Grand Prix, the 11th round of the season from Silverstone.
7.30 **The Notebook** Ted Kravitz looks at this year's British Grand Prix.
8.00 **Ferrari Challenge Europe** The second race from the fifth round of the season, which took place in Estoril, Portugal.
9.00 **Ferrari Challenge Europe** The second race from the fifth round of the season, which took place in Estoril, Portugal.
10.00 **GT World Challenge Europe** Action from race two from the fifth round of the season.
12.00 M'T **Formula 1** Highlights from the British Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Tuesday

18 July

Evening Planner

Cricket

Women's Ashes: 3rd ODI
Sky Sports Main Event & Sky Sports Cricket, play starts 1pm
The women's Ashes series comes to an end with this final one-day international.

Factual

Lost Dogs with Clare Balding
Channel 5, 8pm
Clare Balding helps to reunite owners and their missing dogs with live appeals.

Documentary

The Great Flood of '53
Channel 5, 9pm
The story of the deadly floods that struck Britain in 1953, when the country was still reeling from the after effects of war.

Factual

Retro Electro Workshop
Yesterday, 9pm
Super-fixer Rob Howard and his team fix and restore 'anything old with a plug on it', starting with an 1980s Atari console.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Why Sharks Attack		9.00 The Sixth Commandment		10.00 News; Local News	10.40 Body...
102 BBC2	7.00 The Secret Genius of Modern Life		8.00 Your Home Made Perfect		9.00 Inside Dubai: Playground of the Rich		10.00 Burnistoun	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Paul O'Grady's...	8.30 Love Your...	9.00 Cooking with the Stars		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 Sky Coppers		10.00 24 Hours in Police Custody: Black...	
105 CHANNEL 5	7.00 Dogs Behaving (Very) Badly		8.00 Lost Dogs with Clare Balding		9.00 The Great Flood of '53			10.30 999...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Tom Cruise: Impossible Missions		9.00 Film: Robin Williams: Come Inside My Mind			
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 The Traitors Australia		9.00 The Apprentice Australia			10.15 Champion
116 BBC4	7.00 Yorkshire Walks	7.30 Secrets of...	8.00 Hancock's Half...	8.30 Whatever...	9.00 Frankie Howerd: Rather You Than Me		10.00 Arena: Oooh Er, Missus! The Frankie...	
118 ITV2	7.00 Next Level Chef (USA)		8.00 Superstore		9.00 Love Island			10.05 The Sex Lives of College Girls
136 MORE4	◂ 6.55 The Dog House		7.55 Grand Designs		9.00 24 Hours in A&E		10.00 Belfast Midwives	
135 E4	7.00 Hollyoaks	7.30 Impractical...	8.00 Below Deck Sailing Yacht		9.00 Gogglebox			10.05 Naked Attraction
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 The Good Doctor		10.00 Law & Order: Organized Crime	
108 SKY ATLANTIC	◂ 6.50 The Sopranos		7.55 Game of Thrones		9.00 The Gilded Age			10.30 This England
110 GOLD	◂ 6.40 Dad's Army		8.00 Only Fools and Horses	8.40 The Black Adder		9.20 The Lenny Henry Show	10.00 Live at the Apollo	
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?...	9.00 QI XL		10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
120 ITV4	7.00 Tour de France Highlights		8.00 King of the Roads		9.00 Film: Nighthawks			
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Pain & Gain			
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 The Ark			
113 SKY MAX	7.00 Stargate Atlantis		8.00 Magnum P.I.		9.00 Then You Run		10.00 Tom Cruise: Impossible Missions	
109 ALIBI	7.00 Person of Interest		8.00 Father Brown				10.00 Shakespeare & Hathaway: Private...	
130 SKY ARTS	7.00 Bill Bailey's Master Crafters: The Next...		8.00 Stories from the National Portrait...		9.00 The Art of Australia			10.15 Steve McQueen: The...
132 W	7.00 Inside the Ambulance: Coast and...		8.00 Property Brothers: Forever Homes		9.00 Katie Piper's Jailhouse Mums		10.00 Prison Girls	
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Alaska: The Last Frontier		9.00 Gold Rush: Mine Rescue with Freddy...		10.00 Hoffman Family Gold	
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 The Aquarium				10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Nazi Death Camp: The Great Escape		9.00 World War II: The Apocalypse		10.00 World War II: Secrets From Above	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Ancient Aliens		9.00 History's Greatest Mysteries		10.00 The Proof Is Out There: Bermuda...	
155 YESTERDAY	7.00 Bangers & Cash		8.00 Secrets of the London Underground		9.00 Retro Electro Workshop		10.00 Bangers & Cash	
121 SKY DOCS	7.00 To End All War: Oppenheimer and the Atomic Bomb				9.00 Juan Carlos: Downfall of the King		10.00 The Wimbledon Kidnapping	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.05 Breaking Point		8.00 Armageddon Time					10.10 The Locksmith
303 SCREEN QUEENS	◂ 5.50 Batman Returns		8.00 Suicide Squad					10.05 The Girl with the Dragon Tattoo
304 GREATS	◂ 6.05 Sunset Boulevard		8.00 The Warriors			9.50 The King's Speech		
305 ANIMATION	◂ 5.45 Planet 51	7.30 Rock Dog 2: Rock Around the Park			9.15 Mia and Me: The Hero of Centopia			
306 FAMILY	◂ 6.00 Spy Kids 2: Island of...	7.45 The Karate Kid Part II				9.40 Clifford the Big Red Dog		
307 ACTION	◂ 6.10 The Fast and the Furious: Tokyo Drift		8.00 Fast & Furious				10.00 2 Guns	
308 COMEDY	◂ 5.55 Hot Fuzz		8.00 Mamma Mia!				10.00 Ticket To Paradise	
309 THRILLER	◂ 5.55 No Country for Old Men		8.00 No Sudden Move				10.00 The Client	
310 DRAMA	◂ 5.55 The Danish Girl		8.00 Philadelphia					10.20 A Few Good Men
311 SCI-FI	◂ 6.05 After Earth		8.00 Insidious				10.00 Insidious: Chapter 2	
302 BLOCKBUSTERS	◂ 6.10 Ghostbusters		8.00 The Lord of the Rings: The Return of the King					
313 FILM4	◂ 6.25 Gods of Egypt				9.00 John Wick: Chapter 3 – Parabellum			
SPORT								
401 MAIN EVENT	◂ 12.30 Women's Ashes – Live: England v Australia: The third and final ODI from Taunton				9.00 World Matchplay Darts – Live: Coverage of the fourth day of the tournament			
402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 We're Not...	9.30 Newcastle...	10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	◂ 6.00 EFL Cup Retro				9.00 The Lionesses: A League of Their Own...		10.00 Championship Retro	
404 CRICKET	◂ 12.30 Women's Ashes – Live: England v Australia: The third and final ODI from Taunton				9.00 Pushing Boundaries			10.15 Captain's Log
410 TNT SPORTS 1	◂ 6.30 UEFA Champions League		8.00 UEFA Champions League – Live: Coverage of a qualifying match (Kick-off 8.00)				10.00 What Went Down	
411 TNT SPORTS 2	◂ 6.00 Test Cricket Highlights		8.00 UEFA Champions League – Live: Coverage of a qualifying match (Kick-off 8.00)				10.00 Original Documentary	

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Close Calls: On Camera** New edition A family hike sparks a helicopter rescue mission when a father of three is injured. (S)
10.30 **Animal Park** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition From Leeds. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Rick Stein's Cornwall** (S)(R)(AD)
2.15 **Robson Green's Weekend Escapes** From Cleveland. (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **Antiques Road Trip** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

11.15 Homes Under the Hammer

7 PM

7.00 **The One Show** Jermaine Jenas and Alex Jones present the topical show. (S)
7.30 **EastEnders** Rocky panics as the wedding ceremony goes ahead, while Lisa's lies unravel when Phil and Keanu speak to Louise. (S)

8 PM

8.00 NEW **Why Sharks Attack** Documentary looking at recent shark behaviour, following three fatal attacks in Egypt, and investigating whether pressure from human activity and climate change could be the cause. (S)

9 PM

9.00 **The Sixth Commandment** New episode 2/4. Peter is laid to rest and Ben delivers the eulogy at the funeral. Ben quickly begins a relationship with Peter's neighbour Ann, of which her niece is extremely suspicious. (S1) (S)(AD)

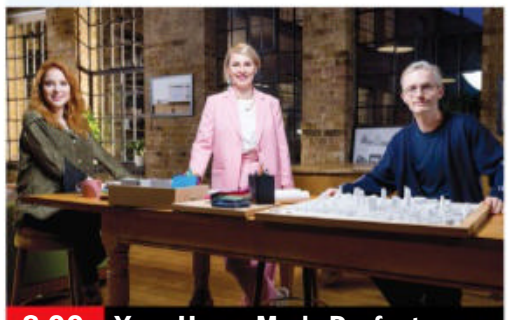
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Body on the Beach: What Happened to Annie?** 3/4. Hazel Martin considers the theory that Annie Börjesson took her own life. (S)(R)(AD)
11.10 **Body on the Beach: What Happened to Annie?** 4/4. Hazel Martin accesses a fresh source of information that leads to a series of disturbing discoveries. (S)(R)
11.40 **Ghosts US** 15/18. The ghosts have to bunk together while some rooms are renovated. (S)(R)
12.05 AM 16/18. The secret about Trevor's missing pants is revealed. (S1) (S)(R)
12.25 **Weather for the Week Ahead** (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.45 AM **Great British Railway Journeys** From Leicester. (S)(R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Our Lives: Rhys McClenaghan – Chasing Gold** (R)
8.30 **Sign Zone: Great Coastal Railway Journeys** (S)(R)(AD)
9.00 **Nicky Campbell** (S)
11.00 **BBC News** (S)
12.15 PM **Politics Live** (S)(AD)
1.00 **The Super League Show** (S)(R)
1.45 **Impossible** Game show. (S)(R)
2.30 **Mastermind** Quiz show. (S)(R)
3.00 **Great British Menu** (S)(R)
4.00 **Planet Earth: An Elephant's Tale**
4.15 **Made in Great Britain** (S)(R)(AD)
5.15 **Flog It!** From Somerset. (S)(R)
6.00 **Richard Osman's House of Games**
6.30 **Great British Railway Journeys** New edition 12/15. How the London taxi is built in Coventry.(S)



8.00 Your Home Made Perfect

7.00 **The Secret Genius of Modern Life** 2/6. Hannah Fry examines the tech behind food delivery apps, which are now used by 24 million people in the UK. (S)(R)

8.00 **Your Home Made Perfect** New edition 5/8. Architects Will Foster and Lizzie Fraher offer up some designs to help Reena and Wes create more space in their three-bedroom 1960s terrace house in Borehamwood. (S)(AD)

9.00 **Inside Dubai: Playground of the Rich** 1/3. A look at what life is like for the millionaires and billionaires who live in the tax haven in the United Arab Emirates, as well as the people who serve them. (S)(R)(AD)

10.00 **Burnistoun** Highlights of the sketch show set in a fictional Scottish town, written by and starring Robert Florence and Iain Connell. (S)(R)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **How to Win the Ashes** A look at what it takes to lift the most famous trophy in cricket. (S)(R)
12.20 AM **Sign Zone: Big Little Crimes** A tip-off leads to police cracking a £2million insurance scam. (S)(R)
1.05 **Sign Zone: Rip Off Britain** (S)(R)
1.50 **Sign Zone: Claimed and Shamed** A woman claiming £1.7million. (R)
2.35 **Sign Zone: Frontline Fightback** Rural thefts and break-ins. (S)(R)
3.20 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Islands to Highlands** James goes on a culinary journey around the UK, beginning in the Isles of Scilly with chef Galton Blackiston. (S)(R)(AD)
3.00 **Lingo** Adil Ray hosts as three pairs of contestants, including a husband and wife, compete in a battle of words. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Cooking with the Stars

7.30 **Emmerdale** Rhona is heartbroken to see her mum so vulnerable, Bob motivates Tracy, and Laurel convinces Jai. (S)(AD)

8.00 **Paul O'Grady's Little Heroes** A six-year-old arrives to have his kidney removed. (S)(R)(AD)
8.30 **Love Your Garden** New edition Alan Titchmarsh creates an accessible garden for a D-Day veteran. (S)(AD)

9.00 **Cooking with the Stars** New edition 3/6. Emma Willis and Tom Allen host as Peter Andre, Jason Watkins and Indiyah Polack try to create the perfect British dish. (S)(AD)

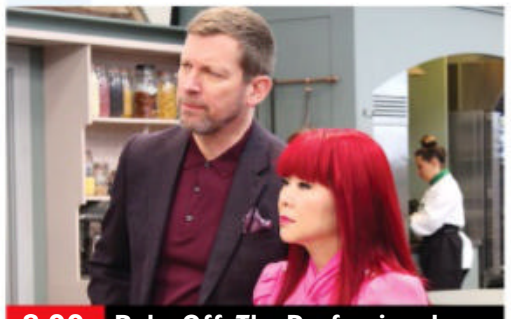
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 NEW **The Hajj: A Journey to Mecca** Shehab Khan observes the ritual of the Hajj pilgrimage to Mecca in Saudi Arabia. (S)
11.15 **Murder in the Family** Examining killings where the victim and perpetrator are related, beginning with the case of Cheryl Hooper. (R)
12.10 AM **Tour de France Highlights** Action from the 16th stage. (S)(R)
1.00 **Catchphrase** (S)(R)(AD)
1.35 **Winning Combination** (S)(R)
2.20 **The Switch** Quiz show. (S)(R)
3.10 **A Year on Planet Earth** (S)(SL)(R)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Made in Britain** (S)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 18&19/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.05 **Frasier** 12-14/24. (S5) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From California. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Chateau DIY** (S)(R)(AD)
5.00 **Sun, Sea and Selling Houses** New edition Sharon and Steve Garner help a dog groomer from Wigan find a home in Almería. (S)
6.00 **The Simpsons** *Homer Defined:* Homer prevents a nuclear meltdown in Springfield. (S)(R)(AD)
6.30 **Hollyoaks** Tom has to make a tough decision, and Cindy struggles with her mental health. (S)(AD)



8.00 Bake Off: The Professionals

7.00 **News** (S)

8.00 **Bake Off: The Professionals** New edition 3/10. The teams make 24 chocolate-domed figurines and desserts, before being challenged to make a showpiece featuring moving parts and 48 chocolate bars in Chocolate Week. (S)(AD)

9.00 **Sky Coppers** New edition 2/6. The hunt is on for a man who has assaulted an officer and dragged them along with his car before escaping. Sergeant Keith Bennet and PC Chris Turton search for a motorbike thief. (S)(AD)

10.00 **24 Hours in Police Custody: Black Widow** In the conclusion of this documentary, Victoria Breeden is taken into custody, but claims she is not fit to be interviewed, while police search her home for evidence. (S)(R)(AD)
11.05 NEW **Is Cricket Racist?** Adil Ray investigates the allegations of racism in cricket. (S)(AD)
12.10 AM **Ramsay's Hotel Hell** (S)(SL)(R)
1.00 **The Last Leg** (S)(SL)(R)
1.55 **The Simpsons** (S)(R)(AD)
2.45 **Couples Come Dine with Me** (R)
3.40 **Supermarkets Unwrapped: Fruit & Veg Aisle** (S)(SL)(R)(AD)
4.10 **Location, Location, Location** (R)
5.05 **Undercover Boss USA** (S)(R)
5.55 **to 6.15** AM **House of Craft** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Escaping My Stalker** Drama starring Esmie Garcia and Andrew James Allen. (S) (2020, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Following Dennis and Nestor as they plan their wedding, and an update on Mel the dog groomer. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** Dads' Cafe try their luck against the experts. (S)(R) **6.30** Highway Links take on the regulars in the quiz. (S)(R)
6.55 **News** (S)

8.00 Lost Dogs with Clare Balding

7.00 **Dogs Behaving (Very) Badly** Two Jack Russells terrorise their owner's partner, and a dachshund has a problem with larger dogs. (S)(R)
7.55 **News** (S)
8.00 NEW SERIES **Lost Dogs with Clare Balding** In a live television first, Clare Balding rallies the support of the great British public to help reunite lost dogs with their owners. *See feature, page12.* (S)
9.00 NEW **The Great Flood of '53** Looking back at the deadly floods that devastated England's east coast in January 1953, the worst natural disaster to strike Britain in modern times. (S)
10.30 **999: Emergency Call Out** 8/10. Police constable Ben and paramedic Lisa head to north Kent, where a stolen car has crashed on a street, leaving the area at risk of a gas explosion. (S)(R)
11.25 **Motorway Cops: Catching Britain's Speeders** (S)(R)
12.25 AM **Traffic Cops** (S)(R)
1.20 **Teleshopping** (S)
3.20 **Red Arrows: Kings of the Sky** Documentary. (S)(R)
4.05 **Get Your Tatts Out: Kavos Ink**
4.55 **Wildlife SOS** (S)(SL)(R)
5.20 **House Doctor** (S)(SL)(R)
5.45 **to 5.50** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Wildlife Rescue New Zealand** Documentary. (S)(R)(AD)
9.00 **Nothing to Declare** (S)(R)(AD)
10.00 **The Flash** 6/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S5) (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
2.00 **MacGyver** 5/13. (S4) (S)(R)
3.00 **The Equalizer** (S2) (S)(R)(AD)
4.00 **A League of Their Own Road Trip: Loch Ness to London** (R)
5.00 **The Simpsons** (S)(R)
5.30 **Modern Family** 1/18. Manny directs a commercial. (S)(R) **6.00** 2/18. Claire tries to impress a reporter. (S11) (S)(R)
6.30 **The Simpsons** *Mountain of Madness:* An avalanche buries Homer and Mr Burns, who are forced to work together. (S)(R)

6.30 The Simpsons

7.00 **The Simpsons** *Simpsoncalifragilisticexpiala (Annoyed Grunt)cious:* The family hire a nanny. (S)(R) **7.30** *The Itchy & Scratchy & Poochie Show:* Homer wins a role on *The Itchy & Scratchy Show*. (S)(R)
8.00 **Tom Cruise: Impossible Missions** The stories behind the most memorable stunts from the film franchise, from the genre-defining Langley Heist to the jaw-dropping Plane Hang. (R)
9.00 FILM **Robin Williams: Come Inside My Mind** An intimate portrait of the life and work of beloved comedian and actor, Robin Williams, featuring previously unseen footage and interviews with those closest to him. (S)(AD) (2018, 12, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.05 **The Blacklist** 4/22. Red tries to secure a late financier's fortune that has to be unlocked by solving clues, but an assassin gets involved. (S10) (S)(R)
12.05 AM **Road Wars** (S)(R)
1.05 **The Force: Manchester** (S)(R)
2.00 **Caught on Dashcam** (S)(R)
3.00 **Hawaii Five-0** 8/25. (S7) (S)(R)
4.00 **MacGyver** 5/13. (S4) (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (S)(R)(AD) **12.25am** The Edit (S)(R) **12.40** Weather for the Week Ahead (S) **12.45-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40pm Ruck Stars (S)(R) **11.10** Body on the Beach: What Happened to Annie? Double bill. (S)(R)(AD) **12.10am** Ghosts US: Double bill. (S)(R) **12.55-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm The Two Ronnies Sketchbook (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:

WALES
8.30-9.00pm Wales This Week New edition (S) **10.45** Catching My Rapist (S)(R) **12.05-12.10am** Dramatic Finishes (S)(R)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Cymru, Dad a Fi (AD) **12.30** Heno **1.00** Prynhawn Da New edition **1.55** Newyddion S4C a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.45** Bloclau Rhif **4.50** Ein Byd Bach Ni **5.00** Stwnsh **6.00** Y Sioe Fwyd (AD) **6.33** Newyddion S4C a'r Tywydd **6.35** Sgorio **9.00** Newyddion S4C a'r Tywydd **9.20** Y 'Sgubor Flodau Series finale **10.25** Seiclo: Tour de France **10.55pm-12.40am** NEW SERIES Troseddau'r Baltig

TV&Satellite week
New issue on sale today

BBC3

115/117/141 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Matt LeBlanc drives an eight-wheeled rescue vehicle from Russia.
7.55 **The Catch Up**
8.00 **The Traitors Australia** New edition 6/12. The players are feeling the impact of the latest banishment.
8.55 **The Film Fan's Guide to Glasgow** New edition 5/6. Ali Plumb explores some of the most iconic film locations in Glasgow.
9.00 **The Apprentice Australia** Series finale 16/16. The finalists must throw the ultimate fundraising event in less than 24 hours.
10.15 **Champion** 3/8. Vita's star starts to rise, as Bosco's appears to fall, which forces the siblings to decide what kind of people and artists they are going to be. (S1)
11.00 **The Rap Game UK**
12.00 M'T **Body on the Beach: What Happened to Annie?** Four editions.
2.00 AM **The Rap Game UK**
3.00 **to 4.00** AM **Eating with My Ex**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Yorkshire Walks** 2/4. Artist Shanaz Gulzar goes on a ramble from Heptonstall to Stoodley Pike.
7.30 **Secrets of Bones** 2/6. Examining how skeletons have adapted to allow movement on land.
8.00 **Hancock's Half Hour** Tony buys a new home from estate agent Sid.
8.30 **Whatever Happened to the Likely Lads?** 12/13. Bob flouts tradition.
9.00 **Rather You Than Me** Drama starring David Walliams as comedian Frankie Howerd.
10.00 **Oooh Er, Missus! The Frankie Howerd Story – Arena** A profile.
11.00 **Origins of Us**
12.00 M'T **Caribbean with Simon Reeve** In Jamaica.
1.00 AM **Britain's Ancient Capital: Secrets of Orkney** Documentary.
2.00 **Yorkshire Walks**
2.30 **Secrets of Bones**
3.00 **to 4.00** AM **Rather You Than Me**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's Vintage Gems**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo at Christmas** Chester Zoo's keepers are busy making gifts for the animals.
6.55 **The Dog House** A three-legged Labrador seeks a friend, and his owners hope that a beautiful but nervous Saluki will win him over.
7.55 **Grand Designs** Kevin meets south London chef Corinne, who loves to entertain and is rustling up plans for a beautifully crafted, double-kitchen home designed around her love of cooking.
9.00 **24 Hours in A&E** Lynn is rushed to St George's after collapsing from a brain aneurysm. Her friend tells the story of their friendship and reveals how she overcame serious health problems.
10.00 **Belfast Midwives** Two childhood sweethearts are expecting their second child, but when baby Arthur is born, midwife Alex think he needs extra care.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **999: On the Front Line**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 347 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four editions.
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Cindy's friends rally to support her.
7.30 **Impractical Jokers** Joe, Sal, Murr and Q try to get shoppers to repeat an odd catchphrase.
8.00 **Below Deck Sailing Yacht** New edition After ending another charter on a high, the crew are excited to blow off some steam. Later, bad weather means the crew are stuck at anchor for days.
9.00 **Gogglebox** *Miriam and Alan: Lost in Scotland* and *Close to Me* are appraised.
10.05 **Naked Attraction** A retired dentist and a former marine look for love.
11.15 **Gogglebox**
12.20 AM **First Dates**
1.25 **Impractical Jokers**
2.25 **Gogglebox**
3.20 **Below Deck Sailing Yacht**
4.15 **Ramsay's Kitchen Nightmares USA**
5.05 **to 6.00** AM **The Neighborhood**

+1 hour 235 | 306 | 30 | 123

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **9-1-1: Lone Star** 14/14. (S2)
12.00 NOON **The Rookie** 11/14. (S3)
1.00 PM **FBI** 15/22. (S4)
2.00 **Coroner** 12/12. Jenny and Peggy face each other in a scramble for life. (S4)
3.00 **The Equalizer** 7/18. Bishop needs help when a terrorist targets his son. (S2)
4.00 **Nothing to Declare**

9.00 The Good Doctor

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **FBI** *Protective Details:* 16/22. After an ICE agent is fatally shot at a hockey game, the team attempt to find the shooter. (S4)

9 PM

9.00 **The Good Doctor** New episode *39 Differences:* 13/22. Shaun and Lea clash over their parenting styles. (S6)

10 PM

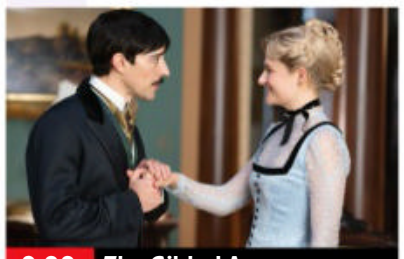
10.00 **Law & Order: Organized Crime** New episode *Last Christmas:* 9/22. Robert Silas offers to cooperate with police. (S3)
11.00 **New Amsterdam** 9/22. Max helps several immigrants. (S4)
12.00 M'T **The Equalizer** 6/18. (S2)
1.00 AM **Private Eyes** 2/12. (S4)
2.00 **Bull** 12/22. (S2)
3.00 **Chicago Fire** 5/22. (S9)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Urban Secrets**
7.55 **The Newsroom** 8&9/9. (S2)
10.05 **The Sopranos** 4&5/13. (S4)
12.10 PM **Game of Thrones** (S7)
1.30 **Gomorrah** 7&8/12. (S3)
3.30 **The Newsroom** 1/6. The ACN team are unwilling to take any chances when a major story breaks. **4.35** 2/6. Will attempts to protect Neal. (S3)
5.45 **The Sopranos** 6/13. Carmela arranges a date for Furio. **6.50** 7/13. Adriana thinks it is time to get married. (S4)


9.00 The Gilded Age

7.55 **Game of Thrones** *Winterfell:* 1/6. Jon and Daenerys arrive in Winterfell, where the Stark children are finally reunited. (S8)

9.00 **The Gilded Age** *Never the New:* 1/9. Following the fortunes of Marian, a young woman who begins a new life in New York City. (S1)
10.30 **This England** 5/6. The government discuss contingency plans as Boris' health deteriorates. (S1)
11.35 **The Fear Index** 3/4. Alex goes to therapy, terrified he may be losing his mind. (S1)
12.40 AM **The Time Traveler's Wife** 2/6. Henry and Clare try to reset with a second date. (S1)
1.45 **Game of Thrones** (S8)
4.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate Atlantis** (S1)
8.00 **Supergirl** 1/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 6/23. (S3)
11.00 **NCIS: New Orleans** (S5)
1.00 PM **Hawaii Five-0** 8/25. (S7)
2.00 **MacGyver** 5/13. (S4)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 2/23. (S3)
5.00 **The Flash** 6/23. (S3)
6.00 **Stargate Atlantis** 13/20. The city is forced to shut down completely by the outbreak of a potentially fatal virus. (S1)

7.00 Stargate Atlantis

7.00 **Stargate Atlantis** *Sanctuary:* 14/20. The team stumble upon a world untouched by the Wraith. (S1)

8.00 **Magnum P.I.** *NSWF:* 4/20. Thomas and Higgins search for a CEO who has vanished. (S5)

9.00 **Then You Run** 2/8. Stink and Nessi's plan to sell the rest of Orin's stash and make some money takes a tragic turn. (S1)

10.00 **Tom Cruise: Impossible Missions** The stories behind the most memorable stunts from the film franchise.
11.00 **The Blacklist** 4/22. Red attempts to secure a late financier's fortune. (S10)
12.00 M'T **Road Wars**
1.00 AM **The Force: Manchester**
2.00 **Rob & Romesh Vs**
3.00 **Hawaii Five-0** 8/25. (S7)
4.00 **MacGyver** 5/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 5/22. (S7)
9.00 **Dawson's Creek** 9/23. (S3)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Celebrity Dinner Date**
1.00 PM **Epic Gameshow**
2.00 **Chuck** 16/24. (S4)
3.05 **One Tree Hill** 6/22. (S7)
4.00 **Dawson's Creek** 10/23. (S3)
5.00 **Celebrity Dinner Date**
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 **Next Level Chef (USA)** New edition The contestants must prepare a seafood dish with a twist mid-challenge.

8.00 **Superstore** 1/22. Olympic fever hits the store. **8.30** 2/22. Glenn is fired, so his colleagues walk out in protest. (S2)

9.00 **Love Island** New edition More action from week seven of the contest which sees single people living like celebrities.

10.05 **The Sex Lives of College Girls** New episodes 7/10. The college's food workers prepare to strike. **10.40** 8/10. Bela hosts her nerdy friend. (S2)
11.05 **Family Guy** (S8&7)
12.05 AM **American Dad!** (S9)
1.00 **Superstore** 3&4/22. (S2)
2.00 **Deep Fake Neighbour Wars**
2.30 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.05 **George and Mildred**
8.40 **Never the Twain**
9.15 **The Royal**
11.30 **Heartbeat**
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Agatha Christie's Poirot** *Five Little Pigs:* A young woman asks Poirot to investigate her father's murder 14 years ago.
6.00 **Heartbeat** *Mother's Little Helpers:* Vernon's pal David is kidnapped and held to ransom.

11.00 The Bay

7.00 **Heartbeat** *Fool for Love:* Bellamy asks Blaketon how he can convince Gina that he really wants to marry her.

8.00 **Midsomer Murders** *The Sicilian Defence:* Barnaby searches for a link between two cases when a coma victim wakes up a year after she was attacked, and members of a chess club are targeted by a killer.

10.00 **Law & Order: UK** *Duty of Care:* 4/6. A teenager with severe learning difficulties is killed in a fire. (S4)
11.00 **The Bay** 2/6. Jenn and the team find evidence that all was not well in the Metcalfs' home, while the MIU begin to notice that something is amiss with Manning. (S4)
12.05 AM **The Royal** Double bill.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Inside the Zoo** 10/10. Edinburgh Zoo prepares to welcome back giraffes after a 17-year absence.
8.00 **Aberdeen '83: Once in a Lifetime** Marking the 40th anniversary of Aberdeen's European Cup Winners Cup win.
9.00 **The Nine**
10.00 **The Women Who Changed Modern Scotland** 1/3. Exploring stories of pioneering Scottish women from the 1960s and '70s.
11.00 **David Wilson's Crime Files** 8/10. The harsh reality women face in the justice system.
11.30 PM **to 12.00** M'T **Growing Up Scottish** Comedians and entertainers gives their take on family life and movies.

Sky Comedy

114/115 112 347 362

8.00 AM **Mr Mayor** (S2)
9.00 **Silicon Valley** (S4)
10.10 **Girls** 9&10/10. (S4)
11.30 **Eastbound & Down** (S4)
12.10 PM **Pen15** 1/15. (S2)
12.50 **Silicon Valley** (S4)
2.10 **Fresh Prince of Bel Air**
3.10 **Girls** 1&2/10. (S5)
4.30 **Mr Mayor** 4&5/10. (S2)
5.30 **Will & Grace** (S3)
6.30 **Fresh Prince of Bel Air**
7.30 **Modern Family** (S7)
8.00 **The Office (US)** (S9)
9.00 **The Trip to Greece** 1/6. The return of the comedy starring Steve Coogan and Rob Brydon. **9.35** 2/6. Steve and Rob chat about Alexander the Great and Ray Winstone. (S4)
10.15 **Righteous Gemstones** 6/9. Comedy about a televangelist family. (S3)
11.00 **Rovers** 5&6/6. (S1)
12.00 M'T **Los Espookys** (S1)
1.10 AM **Work in Progress**
2.30 **2 Dope Queens** (S1)
3.40 **to 5.00** AM **Pen15**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Arts Uncovered**
6.10 **La Dolce Vita: The Music of Italian Cinema**
8.00 **The Joy of Painting**
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **The Art of Architecture**
3.00 **Anyone Can Sing**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Bill Bailey's Master Crafters**
8.00 **Stories from the National Portrait Gallery** New edition
9.00 **The Art of Australia**
10.15 **Steve McQueen: Lost Movie** Documentary.
12.05 AM **Dr Jack and Mr Nicholson**
1.05 **Ivor Cutler by KT Tunstall** Documentary.
2.05 **Wuthering Heights**
4.50 **Arts Uncovered**
5.00 **to 6.00** AM **Auction**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S1)
5.00 **Star Trek: The Next Generation** 15/26. (S7)
6.00 **Merlin** 2/13. (S1)
7.00 **Star Trek: Voyager** (S6)
8.00 **NCIS: New Orleans** (S6)
9.00 **Caught on Dashcam**
10.00 **Grimm** 14/22. Nick and Hank find a terrifying Wesen disease. (S5)
11.00 **Snapped** Documentary.
12.00 M'T **Killer in My Village**
1.00 AM **For Life** 11/13. (S1)
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131 119 28 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Unboxed**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Project Bakeover** New edition A bakery in Ontario's cottage country.
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 8/20. (S3)
9.00 **Million Pound Pawn**
10.00 **Botched** An evil witch wants sexy cat eyes.
11.00 **Crazy Ex-Girlfriend** New episode 8/18. (S4)
12.00 M'T **Only Way Is Essex**
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Sue Thomas: F.B.Eye** 10&11/19. (S3)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Family Album** Drama.
11.00 **Castle** 12&13/23. (S4)
1.00 PM **Sue Thomas: F.B.Eye** 1&2/19. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 1-4/24. (S3)
9.00 **Randall and Hopkirk (Deceased)** *A Sentimental Journey:* 19/26. Jeff fails to get excited by an assignment. (S1)
10.00 **The Persuaders!** *That's Me Over There:* 12/24. Danny has to impersonate Brett. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S3)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
3.50 **to 4.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **The Best of the 90s**
6.10 **Minder**
7.10 **The Sweeney**
8.10 **Giant Lobster Hunters**
9.10 **Dempsey and Makepeace**
10.15 **Magnum, PI**
11.25 **The Protectors**
11.55 **Dempsey and Makepeace**
1.00 PM **Tour de France**
2.00 LIVE **Tour De France** Coverage of the 16th stage.
5.05 **Great Racehorses**
5.25 **Made in Britain**
5.55 **BattleBots** New edition

11.55 Dempsey and Makepeace

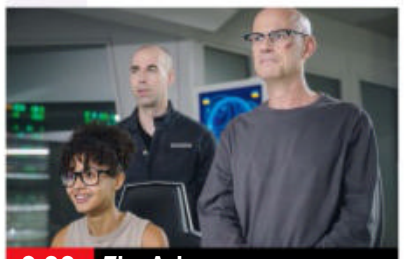
7.00 **Tour de France Highlights** Action from stage 16, featuring an individual time-trial from Passy to Combloux.
8.00 **King of the Roads** Action from the Imatra Road Races, the latest addition to the King of the Roads calendar.
9.00 FILM **Nighthawks** Action thriller starring Sylvester Stallone and Billy Dee Williams as New York cops on the trail of an international terrorist. With Rutger Hauer. (1981, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Wrestling: AEW Rampage**
12.10 AM **Wrestling: AEW Battle of the Belts**
1.20 **The Sweeney**
2.20 **Auto Mundial**
2.45 **Unwind with ITV**
4.00 **Dempsey and Makepeace**
5.00 **to 6.00** AM **Magnum, PI**

+1 hour 220 318 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Merlin** 10/13. (S1)
7.00 **The Outpost** 12/13. (S2)
8.00 **Teleshopping**
11.00 **Pandora** 3/13. (S1)
12.00 NOON **Star Trek: The Next Generation** 2&3/22. (S2)
2.00 PM **Merlin** 10/13. (S1)
3.00 **Pandora** 3/13. (S1)
4.00 **Quantum Leap** 9/22. Sam returns in 1966. (S5)
5.00 **Stargate Atlantis** 6/20. (S1)
6.00 **Star Trek: The Next Generation** 2/22. Captain Picard activates the ship's auto-destruct system. (S2)


9.00 The Ark

7.00 **Star Trek: The Next Generation** *Elementary, Dear Data:* 3/22. Data assumes the identity of Sherlock Holmes. (S2)
8.00 **Star Trek: Voyager** *Counterpoint:* 10/26. Janeway is forced to put her faith in a defector who offers to help. (S5)
9.00 **The Ark** New episode *The Last Thing You Ever Do:* 11/12. The crew go on a rescue mission.
■ Entire series on Box Sets
10.00 **The Ark** Series finale *Everybody Wins:* 12/12. The two Arks have to decide to work together or go down together. (S1)
11.00 FILM **Lavalantula** Thriller starring Steve Guttenberg. A volcano erupts in the Santa Monica mountains, spewing out fire-breathing spiders. (2015, 15, 81min) ★★
1.00 AM **Wynonna Earp** (S3)
3.00 **Stargate Atlantis** 6/20. (S1)
4.00 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Unforgettable** 2/13. (S4)
10.00 **Rizzoli & Isles** 7/13. (S7)
11.00 **Without a Trace** 22/24. (S7)
12.00 NOON **The Doctor Blake Mysteries** 4/10. (S1)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S9)
4.00 **Unforgettable** 2/13. (S4)
5.00 **Rizzoli & Isles** 7/13. Jane is invited to teach a class of FBI recruits at Quantico. (S7)
6.00 **Without a Trace** 22/24. The team attempt to locate an abducted teenager. (S7)

6.00 Without a Trace

7.00 **Person of Interest** *2 Pi R:* 11/22. Finch goes undercover as a teacher to investigate a case at a high school. (S2)
8.00 **Father Brown** *The Whistle in the Dark:* Father Brown intervenes when it appears that a dark spirit has murderous intent.
9.00 **Father Brown** *The Demise of the Debutante:* The clergyman uncovers secrets and murder at a finishing school for girls.
10.00 **Shakespeare & Hathaway: Private Investigators** 5/10. A missing person's case takes a dramatic turn. (S3)
11.00 **Person of Interest** As 7pm.
12.00 M'T **The Doctor Blake Mysteries** 4/10. Blake is called to a prisoner on death row who claims he did not commit murder. (S1)
1.00 AM **Unforgettable** 2/13. (S4)
2.00 **to 4.00** AM **Evil**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.15 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **Ever Decreasing Circles**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
6.00 **The Good Life**
6.40 **Dad's Army**

10.00 Live at the Apollo

7.20 **Dad's Army** A secret weapon goes haywire and threatens Walmington-on-Sea.
8.00 **Only Fools and Horses** Del takes up cards in a bid to make a fortune.
8.40 **The Black Adder** Edmund has a dastardly plan to steal the throne. Guest stars Rik Mayall.
9.20 **The Lenny Henry Show** Lenny Henry presents a series of sketches.
10.00 **Live at the Apollo** Jack Dee hosts an evening of stand-up at the Apollo, introducing Seann Walsh and Milton Jones.
11.00 **Only Fools and Horses**
11.40 **The Black Adder** As 8.40pm.
12.20 AM **The Lenny Henry Show**
1.00 **The Fast Show**
1.40 **Live at the Apollo** As 10pm.
2.45 **The Story of Only Fools and Horses** Documentary.
3.35 **to 4.00** AM **Desmond's**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Top Gear** With Boris Johnson.
9.00 **Border Force: America's Gatekeepers**
10.00 **Railroad Australia**
11.00 **Gino's Italian Escape**
12.00 NOON **Storage Hunters UK**
1.00 PM **Cops on the Rock**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Anita Rani.
4.40 **Would I Lie to You?**
5.20 **Room 101**
6.00 **Taskmaster** With Al Murray.

6.00 Taskmaster

7.00 **Richard Osman's House of Games** With Debbie McGee and Alex Horne. **7.40** Dom Joly, Angela Rippon, John Robins and Samira Ahmed take part.
8.20 **Would I Lie to You? The Best Bits** Rob Brydon hosts highlights from the panel show.
9.00 **QI XL** Noel Fielding, Ross Noble and Colin Lane join regular panellist Alan Davies to answer host Stephen Fry's questions.
10.00 **Schitt's Creek** 3/13. Johnny tries to have an offensive sign removed. **10.30** 4/13. Alexis does community service. (S1)
11.00 **Have I Got a Bit More News for You** Double bill.
1.00 AM **Mock the Week**
1.35 **Would I Lie to You?**
2.15 **Richard Osman's House of Games** With Kae Kurd, Kate Robbins and Zoe Lyons.
2.45 **to 4.00** AM **Schitt's Creek**

+1 hour 211 327 57

Tuesday

7 PM
8 PM
9 PM
10 PM

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun: Home or Away**
1.30 **A Place in the Sun**
2.30 **Sun, Sea and Selling Houses** Property show.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Britain's Best Beach Huts** The most 21st-century beach huts.
8.00 **Exploring India's Treasures with Bettany Hughes** 2/2. Bettany travels to Thanjavur, once the capital of the Chola empire.
9.00 **Britain's Most Expensive Houses**
10.00 **Celebrity Gogglebox**
11.05 **Sky Coppers**
12.05 AM **24 Hours in Police Custody: Black Widow**
1.10 **George Clarke's Old House, New Home**
2.15 **Becoming Elizabeth**
3.30 **to 4.30** AM **Jamie's One-Pan Wonders**

5USA

141 141 120/162 21 129

9.00 AM **NCIS** 4&5/16. (S18)
10.55 **Entertainment News**
11.00 **NCIS** 6/16. (S18)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Great Wide Open:* 4/21. The team work to uncover the serial killer conspiracy. **7.00** *Face the Strange:* 5/21. A corpse mysteriously explodes before Jimmy gets the chance to examine it. **8.00** *False Start:* 6/21. The officers investigate the death of an athletics trainer. (S19)
9.00 **Law & Order: Criminal Intent** *Traffic:* 9/16. An abrasive magazine editor is murdered, and the team have a lengthy list of suspects. (S9)
10.00 **Law & Order: Special Victims Unit** (S17)
11.55 **NCIS** 16-19/24. (S12)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128 126 32 131

8.00 AM **Bargain-Loving Brits**
10.00 **Call the Bailiffs: Time to Pay Up**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly** An unruly Boxer.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Documentary.
8.00 **Colin & Justin's Hotel Hell** A Canadian hotel.
9.00 **Murdered for Revenge** New edition
10.00 **Making a Serial Killer** New edition
11.00 **Casualty 24/7: Every Second Counts**
12.00 M'T **Sleeping with My Murderer** Crime series.
12.55 AM **Car Crime**
1.55 **GPs: Behind Closed...**
2.45 **100% Hotter**
3.30 **Home and Away**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228 326 141

5Action

150 130 33 132

9.00 AM **Criminals: Caught on Camera**
9.35 **Traffic Cops**
10.35 **Police Interceptors**
11.30 FILM **Arrowhead** Western. (1953, U, 105min) ★★
1.45 PM FILM **Rio Grande** Western starring John Wayne. (1950, b/w, U, 107min) ★★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
10.00 **Motorway: Hell on the Highway**
11.00 **Warship: Life at Sea**
12.00 M'T **Police Interceptors**
1.00 AM **World's Deadliest Weather: Caught on Camera** Bushfires.
2.05 **Fights, Camera, Action!**
3.05 **Sinkholes**
4.00 **Trucking Hell**
4.50 **to 5.00** AM **Entertainment News**

W

132 827 125 25 156

6.10 AM **MasterChef Australia** Culinary show.
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **MasterChef USA: Legends**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **MasterChef Australia**
7.00 **Inside the Ambulance: Coast and Country**
8.00 **Property Brothers: Forever Homes** New edition Reworking an outdated house.
9.00 **Katie Piper's Jailhouse Mums** Decatur Prison.
10.00 **Prison Girls**
11.00 **Louis Theroux: Behind Bars** Documentary.
12.00 M'T **One Born Every Minute** Documentary.
1.00 AM **James Martin: Home Comforts**
2.00 **to 3.00** AM **Rachel Khoo's Kitchen Notebook: Cosmopolitan Cook**

+1 hour 232 325

Drama

143 116 20 158

7.15 AM **Pie in the Sky**
8.05 **Lovejoy**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *The Dig:* The detectives are called in when a body is found on a building site.
10.00 **New Tricks** *Ice-Cream Wars:* The squad investigate a long-running feud between two family ice-cream businesses.
11.20 **Silent Witness**
1.35 AM **Waiting for God**
2.25 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

TUESDAY Entertainment

Your GREAT! movie channels are now here

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **The Repair Shop**
10.00 **The Bidding Room**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A coffee table.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes to the Dress: UK** Double bill.
4.00 **Animal Cops Phoenix**
5.00 **Saving Lives at Sea**
6.00 **The Yorkshire Auction House** A model railway.
7.00 **Antiques Road Trip**
9.00 **90 Day Fiancé** New edition
11.00 **Ghost Adventures**
12.00 M'T **Help! My House Is Haunted**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Phoenix**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Pointless Celebrities**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** A 'food and drink' themed edition with Ed Baines and Jo Pratt.
8.00 **The Chase** General knowledge quiz hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

6.00 AM **M*A*S*H** (S7)
7.00 **Wild West Chronicles**
7.30 **FILM Earthstorm** Sci-fi. (2006, PG, 90min) ★★
9.10 **Battle Honours**
10.15 **The Blitz on Berlin**
11.30 **M*A*S*H** (S7)
12.30 PM **Wild West Chronicles**
1.00 **FILM Apache Ambush** Western. (1955, U) ★★
2.25 **FILM King of Texas** Western. (2001, PG) ★★
4.20 **The Concorde Story**
5.40 **FILM Suicide Mission** Drama. (1956, U) ★★
7.10 **FILM Mega Shark vs Mecha Shark** Fantasy. (2014, 15, 90min) ★★
9.00 **FILM Conspiracy** Action thriller. (2008, 15) ★★
10.50 **FILM 12 Rounds** Thriller. (2009, 12, 103min) ★★
1.00 AM **FILM Killing Salazar** Thriller. (2016, 15) ★★
3.00 **to 4.00** AM **War in the Pacific**

+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM **FILM A Bundle of Trouble: An Aurora Teagarden Mystery** Crime drama. (2017, PG, 90min) ★★
11.00 **FILM Past Obsessions** Suspense thriller. (2011, 12, 91min) ★★
1.00 PM **FILM The Nurse** Drama. (2014, PG, 90min) ★★
3.00 **FILM Upside Down** Romantic fantasy. (2012, 12, 115min) ★
5.20 **FILM Gandhi** Biopic with Ben Kingsley. (1982, PG, 188min) ★★★★★
9.00 **FILM The Butterfly Effect** Thriller. (2003, 15, 113min) ★★★
11.20 **FILM Bunraku** Action fantasy. (2010, 15, 119min) ★★★
1.45 AM **FILM Women of Valour** (1986, 12) ★★
3.40 **to 6.00** AM **FILM Loophole** Crime drama. (1980, PG, 105min) ★

+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM **FILM Be My Valentine** (2013) ★★
8.00 **FILM The Beauty of Love** (2021, PG) ★★
10.00 **FILM Christmas Catch** Drama. (2018, PG) ★★
12.00 NOON **FILM A Whirlwind Wedding** Comedy. (2020, PG, 90min) ★★
2.00 PM **FILM Love at the Shore** (2017, PG) ★★
4.00 **FILM Love, Once and Always** (2018, PG) ★★
6.00 **FILM Love, Alaska** Drama. (2019, PG) ★★
8.00 **FILM When Love Blooms** Comedy. (2021, PG, 90min) ★★
10.00 **FILM Meet Me in New York** Romantic drama. (2022, PG, 95min) ★★
12.05 AM **FILM Sincerely, Yours, Truly** Drama. (2020, PG, 90min) ★★
1.35 **FILM Love Is a Piece of Cake** (2020, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**

+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 15/25. (S2)
9.00 **The Prisoner** 2/17. (S1)
10.00 **Star Trek: DS9** (S1)
11.00 **FILM Angel and the Bad Man** Western. (2009, PG, 95min) ★★
12.50 PM **Legend Lowdown**
1.00 **FILM Siringo** Western. (1996, PG, 90min) ★★
2.50 **Legend Lowdown**
3.00 **FILM Independents' Day** Sci-fi. (2016, 15) ★★
4.50 **Legend Lowdown**
5.00 **Star Trek** 6/30. (S1)
6.00 **Star Trek: DS9** (S1)
7.00 **The Prisoner** 3/17. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM Air America** Action comedy. (1990, 15, 112min) ★★★
11.10 **FILM Videodrome** Sci-fi thriller. (1982, 18, 88min) ★★★
12.55 AM **FILM Wind Chill** Supernatural chiller. (2007, 15) ★★★
2.45 **to 4.30** AM **FILM Bite** Horror. (2015, 18) ★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Buying Alaska**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers: Under the Ice** Double bill.
4.00 **Buying Alaska**
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch** A huge Arctic hurricane.
9.00 **The Dino Hunters**
10.00 **Deadliest Catch**
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue**
1.00 AM **Alaskan Steel Men**
2.00 **Teleshopping**
4.00 **Tanked** Documentary.
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 258 369

Food Network
140 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Valerie's Home Cooking**
9.00 **The Kitchen** New edition
10.00 **Simple Pleasures**
11.00 **American Adventure**
12.30 PM **Nigella Bites**
1.00 **Great British Bake Off**
2.00 **French Adventure**
3.00 **Meals on Wheels**
4.00 **Valerie's Home Cooking**
5.00 **Barefoot Contessa – Back to Basics**
6.00 **Guy's Grocery Games**
7.00 **Great British Bake Off**
8.00 **American Adventure**
9.30 **Nigella Bites**
10.00 **Meals on Wheels**
11.00 **Beat Bobby Flay: Holiday Throwdown** New editions Double bill.
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Bill's Tasty Weekends**

+1 hour 240 149

Comedy Central
112/113 132 345 360

8.00 AM **Guessable?**
9.00 **Becker** 16-19/24. (S4)
11.00 **The Middle** (S6)
1.00 PM **Friends** (S5&6)
7.00 **Friends** 4/25. Ross tries his hand at teaching. **7.30** 5/25. Joey is mistaken for the owner of a Porsche. **8.00** 6/25. Rachel and Ross decide to annul their marriage. **8.30** 7/25. Rachel is embarrassed by Phoebe's jogging. (S6)
9.00 **FILM Pain & Gain** Dark crime comedy starring Mark Wahlberg and Anthony Mackie. (2013, 15, 124min) ★★★
11.30 **Reno 911!** New episodes (S6)
12.30 AM **Most Ridiculous**
1.30 **South Park** (S11)
2.30 **Bob's Burgers** (S11)
3.00 **Key & Peele**
3.25 **Guessable?**
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Takeshi's Castle**
10.00 **Most Ridiculous**
11.00 **Friends** 7-10/24. (S9)
1.00 PM **Impractical Jokers**
4.00 **The Middle** (S9)
7.00 **Becker** 16/24. John gives a talk on nutrition. **7.30** 17/24. John has an article published. **8.00** 18/24. Linda accuses Margaret of stealing her bracelet. **8.30** 19/24. Reggie helps Jake achieve a childhood goal. (S4)
9.00 **Friends** 4/24. Ross faces a dilemma. **9.30** 5/24. Joey discovers Chandler's secret romance. (S5)
10.00 **Jeff Dunham Show**
2.00 AM **Criminally Funny**
3.00 **Reno 911!** (S6)
3.45 **Drunk History**
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **Ancient Aliens**
8.40 **Evidence of the...**
9.40 **Curse of Skinwalker Ranch** Documentary.
10.40 **Curse of Oak Island**
11.40 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Top Secret UFO Projects Declassified**
10.00 **Unidentified: Inside America's UFO Investigation**
11.00 **Swamp People**
12.00 M'T **Curse of Oak Island**
1.00 AM **Evidence of the...**
2.00 **Alone** Reality series.
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Auction Hunters**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Eggheads**
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Walking Tudor England** In Portsmouth.
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild** In Siberia.
5.00 **Walking Tudor England**
6.00 **Inside the Tower of London** Documentary.
7.00 **Digging Up Britain's Past** Double bill.
9.00 **Lost Worlds with Ben Fogle: Scotland** Ben explores Scotland's abandoned islands.
10.30 **Air Crash: Disaster Revealed** A cargo plane hit by a missile over Iraq.
11.40 **Forged in Fire**
1.30 AM **Inside the Tower of London** Documentary.
2.30 **Dinosaur with Stephen Fry** Cretaceous period.
3.25 **Eggheads** Quiz show.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **The Woodland Workshop** Handicraft.
8.00 **Building the Dream**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Building the Dream**
4.00 **Escape to the Country**
5.00 **The Woodland Workshop** Handicraft.
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
9.00 **Married to Real Estate** New edition
10.00 **Rock the Block** New edition
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **The Woodland Workshop** Handicraft.
2.00 **House Hunters** New editions Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Donal MacIntyre's Murder Files**
12.00 NOON **The Fugitive** (S3)
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** The death of a rich woman. **3.30** The hunt for an elderly woman's killer. **4.00** How authorities traced a gun without a serial number. **4.30** How the FBI identified a serial killer using only a computer.
5.00 **The Fugitive** *A Taste of Tomorrow:* 28/30. Kimble finds an escaped prisoner who is ill. (S3)
6.00 **Donal MacIntyre's Murder Files**
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Donal MacIntyre's Murder Files**
2.00 **The Fugitive** (S3)
3.00 **Fatal Vows** Double bill.
4.55 **to 6.00** AM **Medical Detectives**

TLC
133 133 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints** Documentary.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **Say Yes to the Dress**
8.00 **The Bad Skin Clinic**
9.00 **My Feet Are Killing Me**
11.00 **Dr Pimple Popper: Reload** David has two bumps on his neck.
12.00 M'T **Body Bizarre**
1.00 AM **My Strange Addiction** Documentary.
2.00 **My Feet Are Killing Me**
3.00 **Dr Pimple Popper: Reload** As 11.00pm.
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Dr Pimple Popper**

+1 hour 233 365

HorrorXtra
317 171 69 138

8.00 AM **FILM Lord of the Elves** Adventure. (2012, 12, 90min) ★★
10.00 **Mutant X** 21/22. (S3)
11.00 **FILM Mega Shark vs Kolossus** Fantasy. (2015, 12, 90min) ★
1.00 PM **FILM 2012: Supernova** Thriller. (2009, 12, 90min) ★★
3.00 **Mutant X** 21/22. (S3)
4.00 **Battlestar Galactica**
5.00 **FILM Solar Attack** Disaster thriller. (2005, PG, 90min) ★★
7.00 **Mutant X** 22/22. (S3)
8.00 **Battlestar Galactica** *War of the Gods – Part One:* 15/24. Apollo goes on a mission. (S1)
9.00 **FILM From the Dark** Horror with Niamh Algar. (2014, 18, 90min) ★★
10.55 **FILM Mara** Horror. (2018, 18, 98min) ★★
12.55 **to 3.00** AM **FILM From the Dark** As 9.00pm.

+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Sun, Sea and A&E**
11.00 **Paramedics Australia**
12.00 NOON **Highway Cops**
1.00 PM **UK Border Force**
2.00 **Most Haunted**
4.00 **Merlin** 13/13. (S5)
5.00 **Warehouse 13** (S1)
6.00 **Supergirl** (S3)
8.00 **Paramedics Australia**
9.00 **Wolfe** 3/6. A billionaire is found dead. (S1)
10.00 **Road Wars** Tackling Russian scam artists.
11.00 **Brit Cops: Rapid Response** Documentary.
12.00 M'T **The Good Doctor**
1.00 AM **Motorway Patrol**
2.00 **A League of Their Own Road Trip: Dingle to Dover**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Hollywood Medium with Tyler Henry**
12.00 NOON **Botched Presents: Perfect**
1.00 PM **Kourtney & Kim Take New York**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Double bill.
9.00 **Keeping Up with the Kardashians** Scott threatens to ruin Kourtney's trip. **10.00** Khloe fears that Cleveland fans may turn on her family.
11.00 **Hollywood Medium with Tyler Henry**
12.00 M'T **Dr 90210**
1.00 AM **Rich Kids of Beverly Hills**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

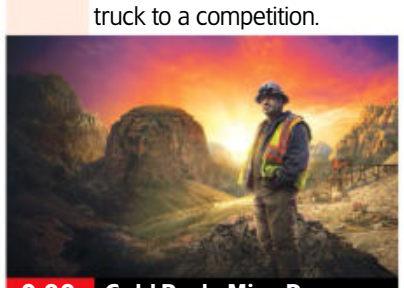
HorrorXtra is now found here

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Building Off the Grid**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Gold Rush: White Water**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers** Fixing up a recently imported Fiat 600 that needs a lot of work.
6.00 **Diesel Brothers** Chavis takes his custom race truck to a competition.



9.00 Gold Rush: Mine Rescue

7.00 Street Outlaws OKC and Texas compete in a Cash Days race, and eight drivers race for more than $30,000.

8.00 Alaska: The Last Frontier The Kilchers continue to work as a family to sustain their homesteading heritage.

9.00 Gold Rush: Mine Rescue with Freddy & Juan New edition Expert gold miner Freddy Dodge helps struggling mine owners.

10.00 Hoffman Family Gold New edition Todd gets Holy Roller running and catching nuggets, while a huge fight breaks out.

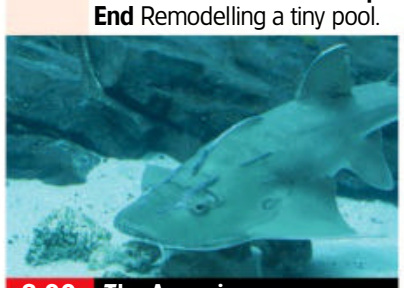
11.00 **Naked and Afraid XL** Medics monitor Jeff's high fever.
1.00 AM **Gold Rush: Mine Rescue with Freddy & Juan**
2.00 **Hoffman Family Gold**
3.00 **Deadliest Catch** New edition The crab fishermen brave the waves of the Bering Sea.
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 377

Animal Planet

162 178

8.00 AM **Insane Pools: Off the Deep End**
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **How Do Animals Do That?** Double bill of editions.
2.00 **Swimming with Monsters with Steve Backshall**
3.00 **Rugged Justice**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** Remodelling a tiny pool.



8.00 The Aquarium

7.00 Amanda to the Rescue An energetic kitten faces being put down after breaking its leg for the second time.

8.00 The Aquarium A sea lion has stomach trouble, and the team feed him a snack to help investigate why.

9.00 The Aquarium Technology from California is brought to the aquarium to monitor beluga whale activity.

10.00 Alaska: The Last Frontier Eivin takes his son Findlay on his first hunt, while Jane and Atz Lee fish for pike.

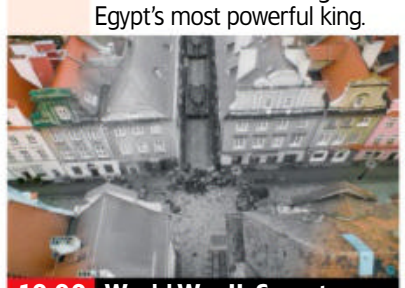
11.00 **Expedition Bigfoot** Mireya agrees to act as bait in order to lure out Bigfoot.
12.00 M'T **Expedition Bigfoot**
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262 378

Nat Geographic

129 129 825 183

8.00 AM **Abandoned**
8.30 **Made in a Day**
9.00 **Air Crash Investigation: Special Report**
10.00 **Europe from Above**
11.00 **Ultimate Airport Dubai**
12.00 NOON **Car S.O.S.**
1.00 PM **To Catch a Smuggler**
2.00 **Air Crash Investigation**
3.00 **Disasters Engineered**
4.00 **Inside Incredible Machines**
5.00 **Colossal Machines**
6.00 **Lost Treasures of Egypt** New evidence about the reign of Egypt's most powerful king.



10.00 World War II: Secrets...

7.00 Air Crash Investigation The investigation of a plane that nosedived into the Indian Ocean after leaving Singapore.

8.00 Nazi Death Camp: The Great Escape Jewish former prisoners at a Polish death camp recall their escape in 1943.

9.00 World War II: The Apocalypse Footage reveals how Jewish and Polish prisoners were forced into slave labour.

10.00 World War II: Secrets From Above Joseph Stalin, seeking revenge, wages an offensive against Nazi Germany.

11.00 **Air Crash Investigation**
12.00 M'T **Airport Security**
1.00 AM **Banged Up Abroad**
2.00 **Lords of War**
2.55 **Made in a Day**
3.20 **Food Factory**
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229 383

Sky History

123 123 821 133 353 368

6.00 AM **Forged in Fire**
7.00 **Dirty Old Cars** New editions
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **Storage Wars Canada**
11.00 **Craig Charles: UFO Conspiracies**
12.00 NOON **River Hunters**
1.00 PM **Salvage Kings**
2.00 **What on Earth?**
4.00 **The Liquidator**
5.00 **Pawn Stars** Double bill.
6.00 **American Pickers** Mike and Jersey John fall hard for a grand South Carolina home.

9.00 History's Greatest...

7.00 Forged in Fire Bladesmiths battle it out to recreate one of Japan's deadliest swords – the Nagamaki.

8.00 Ancient Aliens The discovery of the ancient Karahan Tepe megalithic site turns the world of archaeology on its head.

9.00 History's Greatest Mysteries New edition The disappearance of a former New York Supreme Court judge.

10.00 The Proof Is Out There: Bermuda Triangle Edition New edition Evidence of UFOs and wormholes.

11.00 **UFOs Declassified** Investigating the sighting of a UFO by a pilot in 1957.
12.00 M'T **Pawn Stars** Double bill.
1.00 AM **Ancient Aliens**
2.00 **Cursed Treasures** Curses surrounding Sutton Hoo.
3.00 **What on Earth?**
5.00 **to 6.00** AM **The Liquidator**

+1 hour 223 333

Yesterday

155 155 846 129 27 159

6.10 AM **Secrets of the Transport Museum** Double bill.
8.00 **Abandoned Engineering**
10.00 **War Factories**
11.00 **The World at War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Travel Man: 48 Hours in Naples** With Jack Dee.
1.30 **Travel Man: 48 Hours in Budapest** With Aisling Bea.
2.00 **Bangers & Cash** Double bill.
4.00 **The World at War**
5.00 **War Factories**
6.00 **How to Build a Motor Car**

9.00 Retro Electro Workshop

7.00 Bangers & Cash A Cold War Soviet classic – the Moskvitch, which is built like a tank, goes under the hammer. .

8.00 Secrets of the London Underground New edition Exploring Dover Street, now known as Green Park.

9.00 NEW SERIES Retro Electro Workshop Shamil buys an '80s Atari which is a more complex to fix than it first appears.

10.00 Bangers & Cash Mathewsons agree to sell a vintage threshing machine and a large collection of tractors.

11.00 **Abandoned Engineering** Exploring a mountainside refuge in Georgia.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Secrets of the Transport Museum**
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Tuesday

7 PM 8 PM 9 PM 10 PM

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Supertruckers**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A cast iron fireplace.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters**
9.00 **Inside the Heist** New edition Millions of dollars' worth of diamonds are stolen.
10.00 **Find It, Fix It, Flog It** Hidden treasures in a Suffolk shed.
11.00 **How Do They Do It?**
12.00 M'T **British Speedway**
1.00 AM **Cornwall Air 999**
2.00 **Supertruckers**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Disappeared**
11.00 **Forensic Detectives**
1.00 PM **Murder on CCTV**
2.00 **Disappeared**
3.00 **Who the (Bleep) Did I Marry?**
5.00 **Say Yes to the Dress**
6.00 **Say Yes to the Dress: Lancashire** Reality series.
7.00 **Long Lost Family**
8.00 **Murder Under the Friday Night Lights** Police investigate a secret betting ring.
9.00 **Murder on CCTV** A case in which a young mother was found murdered at home.
10.00 **Reasonable Doubt** The conviction of Kara Garvin.
11.00 **Murder Chose Me** A case in which the body of an unidentified woman was found at an abandoned factory.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A girl admits the testimony that helped convict her uncle of murder was untrue. **7.30** Forensic experts try to find a link between three murders close to a campus.
8.00 **See No Evil** Examining the murder of Christopher Duncan.
9.00 **Crimes That Shook Australia** A look at 19-year-old Julian Knight's frenzied shooting spree in a Melbourne suburb. **10.00** The death of Gerard Baden-Clay's wife, Allison.
11.00 **To Catch a Killer** Unsolved murders in the Toronto area.
12.00 M'T **Cold Justice** The brutal 1984 murder of an elderly store-owner known for having a wife with a violent temper.
1.00 AM **Crimes That Shook Australia** Double bill.
3.00 **See No Evil** As 8.00pm.
3.50 **Medical Detectives**
4.15 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Forensics: Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **When Life Means Life**
6.00 **Forensics: Catching the Killer**
7.00 **World's Most Evil Killers** The story of Sean Vincent Gillis.
8.00 **Britain's Most Evil Killers** Trimaan Harry Dhillon, who attacked his ex-girlfriend.
9.00 **Killing Mum and Dad**
10.00 **How I Caught the Killer**
11.00 **Killer in My Village**
12.00 M'T **World's Most Evil Killers**
1.00 AM **Murdered at First Sight**
3.00 **When Life Means Life**
4.00 **Road Wars** Vehicle crime.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 321

PBS America

174 187 84 155

8.00 AM **The Ottoman Empire**
9.15 **1066: A Year to Conquer England** As 7.10pm.
10.35 **NEW The Long Road to War** An examination of the events that led to World War One.
11.50 **Project Nazi**
1.00 PM **The Ottoman Empire**
2.15 **1066: A Year to Conquer England** As 7.10pm.
3.30 **The Long Road to War**
4.50 **Project Nazi** As 9.35pm.
5.55 **The Ottoman Empire** A look at the Empire's Golden Age.
7.10 **1066: A Year to Conquer England** King Harold of England has to take on two invasion forces, and a vast Viking invasion force lands in the north of England.
8.20 **The Long Road to War**
9.35 **Project Nazi** A look at the role of the SS in defeating Hitler's political enemies.
10.45 **1066: A Year to Conquer England** As 7.10pm.
12.00 M'T **The Long Road to War**
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

TUESDAY

Tuesday

Sky Documentaries

121 121 819 188 352 367

6.00 AM **Fish Town**
7.00 **Discovering**
8.00 **The Directors**
9.00 **The 2000s** As 6.00pm.
10.00 **Exterminate All the Brutes**
11.10 **The Movies**
12.00 NOON **Right to Fight**
1.50 PM **My Icon: Natasha Jonas**
2.00 **Brazil 2002** Documentary.
3.50 **My Icon: Casey Stoney**
4.00 **The Directors**
5.00 **Discovering**
6.00 **The 2000s** The election of Barack Obama in 2008.
7.00 **To End All War: Oppenheimer and the Atomic Bomb** The true story of physicist J Robert Oppenheimer.
8.45 **My Icon: Ebony Rainford-Brent**
9.00 **Juan Carlos: Downfall of the King** The story of the former Spanish King Juan Carlos I, who abdicated and fled into exile.
10.00 **The Wimbledon Kidnapping**
12.00 M'T **The Scheme**
2.15 AM **Say Hey, Willie Mays!**
4.10 **The Directors**
5.05 **to 6.00** AM **Discovering**

Sky Nature

124 124 822 189 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Wildlife Rescue New Zealand**
9.00 **A Wild Year on Earth**
10.00 **Great Blue Wild**
11.00 **Mysteries of the Mekong**
12.00 NOON **Guardians of the Wild**
1.00 PM **Monkey Life**
2.00 **Wildlife Rescue New Zealand**
3.00 **A Wild Year on Earth**
4.00 **Great Blue Wild**
5.00 **Mysteries of the Mekong**
6.00 **Guardians of the Wild**
7.00 **Monkey Life**
8.00 **Caught in Motion** Flying creatures as they defy gravity.
9.00 **The Great Elephant Tale** Following three different elephant herds in Africa.
10.00 **Mysteries of the Mekong**
11.00 **Guardians of the Wild**
12.00 M'T **Brazil Untamed**
1.00 AM **Africa's Hidden Kingdoms**
2.00 **Caught in Motion**
3.00 **The Great Elephant Tale**
4.00 **Wildlife Rescue New Zealand**
5.00 **to 6.00** AM **A Wild Year on Earth**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Auction Hunters**
9.00 **Alien Files: Unsealed**
10.00 **Strangest Things**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Secrets of Great British Castles** Cardiff Castle.
2.00 **Digging Up Britain's Past**
3.00 **Combat Ships**
4.00 **Alien Files: Unsealed**
5.00 **Salvage Kings**
6.00 **Strangest Things**
7.00 **Treasures Decoded**
8.00 **History of Weapons**
9.00 **Bermuda Triangle: Into Cursed Waters** The team seek the biggest vessel to ever vanish in the Bermuda Triangle.
10.00 **Royal Mob** Victoria learns that Alix, Nicky and their children have been executed.
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Rust Valley Restorers**
3.00 **Royal Mob** As 10.00pm.
4.00 **Secrets of Great British Castles** Cardiff Castle.
5.00 **to 6.00** AM **Digging Up Britain's Past**

Crime+Investigation

156 156 837 131

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Sunshine Slayings**
12.00 NOON **Buried in the Woods: Secrets of Hollywood Hills**
1.00 PM **The Real Murders of Orange County**
2.00 **Murdered by Morning**
3.00 **Snapped** Gabriela Escutia.
4.00 **Robbie Coltrane's Critical Evidence** Kyu Soo Kim.
5.00 **Homicide Hunter**
6.00 **The First 48** Double bill.
8.00 **Sunshine Slayings** New edition
9.00 **The Real Murders of Atlanta** New edition Documentary.
10.00 **Killer Town** New edition
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Real Murders of Atlanta**
2.00 **Killer Town**
3.00 **Murdered by Morning**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **The Real Murders of Orange County**

+1 hour 256 331

WILD

165 165 841 182

8.00 AM **Bizarre Animal Friends**
9.00 **Wild Lapland**
10.00 **Africa's Deadly Kingdoms**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **When Sharks Attack**
3.00 **Hostile Planet**
4.00 **Secrets of the Zoo**
5.00 **Fish Tank Kings**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa**
8.00 NEW **Shark Eat Shark** Looking for evidence that white sharks are hunting other sharks.
9.00 **Shark Beach with Chris Hemsworth**
10.00 **Shark Attack Files** Footage of great white sharks shot from inside diving cages. **11.00** Scientists examine why sharks are coming closer to shore in search of prey.
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Wild Russia: Earth's Last Great Wilderness**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers**
7.00 **Wings of War**
8.00 **Unsolved History**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
11.00 **How the Universe Works**
12.00 NOON **Mysteries at the Castle**
1.00 PM **Combat Dealers**
2.00 **Wings of War**
3.00 **Blowing Up History**
4.00 **The Alaska Triangle**
5.00 **Unsolved History**
6.00 **Mysteries at the Castle**
7.00 **Expedition Unknown**
8.00 **Combat Dealers** Bruce Crompton races to get his Panther tank ready to ship.
9.00 **Blowing Up History** Experts investigate the city of Palenque.
10.00 **Salvage Hunters** Drew Pritchard restocks his shop.
11.00 **Shed and Buried**
12.00 M'T **Combat Dealers**
2.00 AM **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Africa From Above**
10.00 **Fascinating New Zealand**
11.00 **The Zoo** Double bill of editions.
12.00 NOON **The Life of Birds**
2.00 PM **Africa From Above**
3.00 **Impossible Engineering**
5.00 **Fascinating New Zealand**
6.00 **The Zoo** Double bill of editions.
7.00 **The Life of Birds** The methods that birds use to build nests and protect their offspring.
8.00 **Impossible Engineering** Chinese authorities try to move vast amounts of water.
9.00 **Fascinating New Zealand**
10.00 **The Zoo** A western lowland gorilla arrives at Dublin Zoo. **10.30** A gorilla is accepted into the rest of the zoo's troop.
11.00 **The Life of Birds**
12.00 M'T **Impossible Engineering**
1.00 AM **Africa From Above**
2.00 **Fascinating New Zealand**
3.00 **The Zoo** Double bill of editions.
3.50 **Africa From Above**
4.40 **Fascinating New Zealand**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Southern Fried Homicide**
6.00 **Forensic Detectives**
8.00 **Still a Mystery** The suspected murder of two young adults.
9.00 **Devil In Suburbia** Three bodies are discovered in a burned-out home and a fourth family member is missing.
10.00 **Deadliest Mums & Dads** The death of Ayesha Ali. **11.00** A father who murdered his three young daughters.
12.00 M'T **Still a Mystery**
1.00 AM **Betrayed** Angela Samota.
2.00 **The 1980s: The Deadliest Decade** Jennifer Levin's death.
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Scrap Kings**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Wheeler Dealers**
9.00 **Mega Shippers**
10.00 **Garage Squad**
11.00 **Junkyard Empire**
12.00 NOON **Chasing Classic Cars**
1.00 PM **Fifth Gear**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Arctic Ice Railroad**
5.00 **Outback Truckers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Wheeler Dealers**
8.00 **Arctic Ice Railroad**
9.00 **Garage Squad** The team restore a 1969 Dodge Daytona.
10.00 **Demolition Down Under** Demolishing a brick and timber warehouse in Brisbane.
11.00 **Mega Shippers**
12.00 M'T **Arctic Ice Railroad**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud Revved Up**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

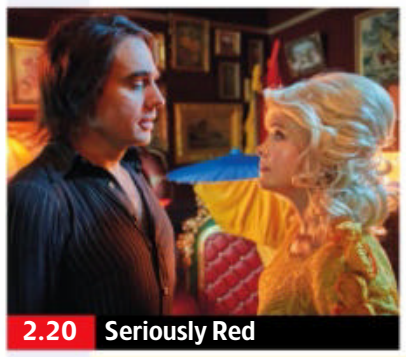
+1 hour 261/284

Films

Sky Cinema Premiere

301 301 848 401 501 515

6.35 AM **Armageddon Time**
8.40 **Seriously Red** As 2.20pm.
10.35 **Linoleum** Sci-fi comedy. (2022, 12, 101min) ★★★
12.25 PM **Breaking Point** (2023)
2.20 **Seriously Red** Comedy. An estate agent becomes a Dolly Parton impersonator. (2022, 15, 104min) ★★★
4.15 **The Locksmith** As 10.10pm.
6.05 **Breaking Point** Drama with Karam Singh and Kelvin Clarke. (2023, 12, 102min) ★★★


2.20 Seriously Red

8.00 Armageddon Time Drama starring Banks Repeta, Jaylin Webb and Anne Hathaway. A friendship between two students is tested by prejudices in 1980s New York. (2022, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Locksmith Mystery drama starring Ryan Phillippe, Kate Bosworth and Ving Rhames. A former criminal is forced to use his skills as a gifted locksmith. (2022, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Woman King** Drama. (2022, 15, 135min) ★★★★
2.30 AM **Sky Cinema Preview**
3.30 **Dead Shot** Action thriller. (2023, 15, 92min) ★★★
5.20 **to 6.15** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Screen Queens

303 303 857 403 503 517

7.00 AM **A Good Person** Drama. (2022, 15, 129min) ★★★★
9.20 **Roman Holiday** Comedy. (1953, b/w, U) ★★★★★
11.20 **Steel Magnolias** Comedy. (1989, PG, 115min) ★★★★
1.25 PM **Miss Sloane** Drama. (2016, 15, 132min) ★★★★
3.40 **Where the Crawdads Sing** Drama. (2022, 15) ★★★
5.50 **Batman Returns** Adventure sequel with Michael Keaton. (1992, 12, 121min) ★★★★

5.50 Batman Returns

8.00 Suicide Squad Fantasy adventure starring Will Smith and Margot Robbie. A ragtag team of villains are strong-armed into doing good by a government agent. With Jared Leto. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 The Girl with the Dragon Tattoo Crime thriller starring Daniel Craig and Rooney Mara. A campaigning journalist and a computer hacker uncover a series of horrific crimes against women. (2011, 18, 152min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Umma** Horror. (2022, 15, 83min) ★★★★
2.20 **Fatal Attraction** Thriller. (1987, 18, 120min) ★★★★
4.30 **to 7.00** AM **The Glorias** Biopic with Julianne Moore. (2020, 12, 139min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.05 AM **Blue Bayou** As 4.45am.
8.10 **Summit Fever** Suspense thriller. (2022, 15, 115min) ★★
10.10 **Rare Beasts** As 12.50am.
11.45 **Call Me By Your Name** Drama. (2017, 15, 136min) ★★★★★
2.00 PM **To Leslie** Drama starring Andrea Riseborough. (2022, 15, 119min) ★★★
4.05 **Eddie the Eagle** Biopic drama. (2016, PG, 103min) ★★★

5.55 **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
8.00 **Philadelphia** Oscar-winning drama with Tom Hanks. A gay lawyer takes his firm to court when he is sacked after his colleagues discover he has Aids. (1993, 12, 122min) ★★★
10.20 **A Few Good Men** Courtroom drama starring Tom Cruise. A slick young US navy lawyer locks horns with the martinet commander of a military base. (1992, 15, 132min) ★★★★

12.50 AM **Rare Beasts** Romantic comedy drama starring Billie Piper, Leo Bill and Kerry Fox. (2020, 15, 87min) ★★★★
2.35 **To Leslie** As shown at 2.00pm.
4.45 **to 6.50** AM **Blue Bayou** Drama starring Justin Chon. (2021, 15, 117min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.50 AM **The Devil Inside** (2012)
8.20 **Sky Cinema Preview**
8.50 **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
10.40 **The Possession** Horror thriller. (2012, 15, 90min) ★★★
12.20 PM **The Eye** American remake of the supernatural thriller. (2008, 15, 92min) ★★★
2.15 **The Dark Tower** Adventure. (2017, 12, 95min) ★★

4.05 **Midnight Special** Adventure. (2015, 12, 109min) ★★★★
6.05 **After Earth** Sci-fi adventure starring Will and Jaden Smith. (2013, 12, 98min) ★★
8.00 **Insidious** Thriller starring Rose Byrne and Patrick Wilson. (2010, 15, 103min) ★★★★
10.00 **Insidious: Chapter 2** Thriller sequel starring Patrick Wilson, Rose Byrne and Lin Shaye. A father is possessed by a serial killer's spirit. With Ty Simpkins. (2013, 15, 103min) ★★★

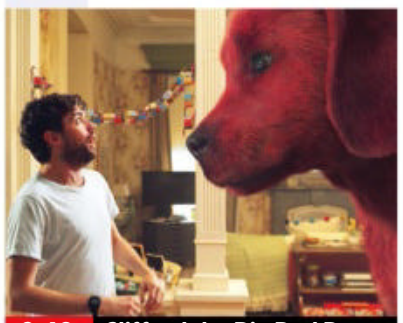
12.00 M'T **Insidious: Chapter 3** Horror. (2015, 15) ★★★
1.55 AM **Piggy** Horror. Subtitled. (2022, 18, 99min) ★★★★
3.50 **The Devil Inside** Horror thriller. (2012, 15, 79min) ★
5.30 **to 6.30** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 850 406 506 520

7.20 AM **Scooby-Doo 2: Monsters Unleashed** As 1.00am.
8.55 **MouseHunt** (1997) ★★★★
10.35 **Spy Kids** (2001, U) ★★★★
12.10 PM **Karate Kid** Adventure. (1984, 12, 127min) ★★★★
2.20 **Clifford the Big Red Dog**
4.00 **Nanny McPhee & The Big Bang** Comedy fantasy sequel. (2010, U, 109min) ★★★
6.00 **Spy Kids 2: Island of Lost Dreams** Adventure sequel. (2002, U, 100min) ★★★★


9.40 Clifford the Big Red Dog

7.45 **The Karate Kid Part II** Adventure sequel starring Ralph Macchio. The Karate Kid and his mentor travel to Japan to settle a duel of honour. (1986, PG 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Clifford the Big Red Dog** Adventure starring Jack Whitehall. A girl is given a small red puppy by an animal rescuer, but the dog soon grows to an enormous size. (2021, PG, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
1.00 AM **Scooby-Doo 2: Monsters Unleashed** Adventure sequel starring Freddie Prinze Jr. (2004, PG, 93min) ★★★
2.40 **The Brady Bunch Movie** Comedy with Shelley Long. (1995, 12, 89min) ★★★
4.15 **to 6.25** AM **The Host** Sci-fi thriller starring Saoirse Ronan. (2013, 12, 127min) ★★★

Sky Cinema Action

307 307 851 407 507 521

7.50 AM **Power Rangers** Fantasy. (2017, 12, 119min) ★★★
10.00 **Fast and the Furious** Thriller. (2001, 15, 107min) ★★★
11.55 **Resident Evil: Damnation** Thriller. (2012, 15) ★★★
1.40 PM **Impossible Missions**
2.30 **Wrath of the Titans** Fantasy. (2012, 12, 99min) ★★
4.10 **Gunpowder Milkshake** Thriller. (2021, 15) ★★★
6.10 **Fast and the Furious: Tokyo Drift** Thriller. (2006, 12) ★★

10.00 2 Guns

8.00 **Fast & Furious** Action thriller sequel starring Vin Diesel and Paul Walker. A man reunites with an old FBI agent pal to seek revenge on a drugs baron. With Michelle Rodriguez and Jordana Brewster. (2009, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **2 Guns** Action thriller with Denzel Washington and Mark Wahlberg. A pair of double-dealing crooks join forces for real after inadvertently stealing $43million from the CIA. With Paula Patton. (2013, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Batman** Tim Burton's adventure starring Michael Keaton and Jack Nicholson. (1989, 15, 121min) ★★★★
2.05 AM **Fast & Furious** (2009)
4.00 **to 6.00** AM **Gunpowder Milkshake** As 4.10pm.

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **The Estate** As 5.15am.
9.00 **13 Going on 30** As 1.35am.
10.45 **Bewitched** As 11.50pm.
12.35 PM **Shaun of the Dead** Comedy starring Simon Pegg. (2004, 15, 99min) ★★★★
2.20 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
4.20 **Daddy Day Care** Family comedy with Eddie Murphy. (2003, PG, 92min) ★★★
5.55 **Hot Fuzz** Cop thriller spoof. (2007, 15, 115min) ★★★★

5.55 Hot Fuzz

8.00 **Mamma Mia!** Musical starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Ticket to Paradise** Romantic comedy starring George Clooney. A divorced couple travel to Bali to stop their daughter's wedding. (2022, 12, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Bewitched** Comedy fantasy. (2005, PG, 102min) ★★★
1.35 AM **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
3.20 **Dr Bird's Advice for Sad Poets** Comedy drama. (2021, 12, 109min) ★★★
5.15 **to 7.00** AM **The Estate** Comedy with Toni Collette. (2022, 15, 96min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Man on a Ledge** Thriller. (2011, 12, 98min) ★★★
8.00 **Poker Face** Crime thriller. (2022, 15, 120min) ★★★
9.50 **Red Lights** (2012, 15) ★★★
11.50 **Side Effects** Crime thriller. (2013, 15, 106min) ★★★★
1.50 PM **To Catch a Killer** Thriller. (2023, 15, 119min) ★★★
3.55 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
5.55 **No Country for Old Men** Thriller. (2007, 15) ★★★★

5.55 No Country for Old Men

8.00 **No Sudden Move** Crime drama starring Don Cheadle. A group of criminals are brought together under strange circumstances, and have to work together to uncover what is really going on. (2021, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

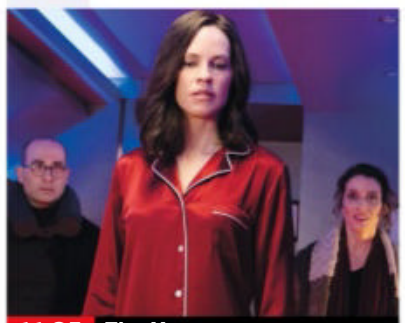
10.00 **The Client** Thriller starring Susan Sarandon and Tommy Lee Jones. An 11-year-old boy hires a lawyer when his life is put in danger after he witnesses the suicide of a Mafia lawyer. (1994, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
2.20 **Emily the Criminal** Thriller. (2022, 15, 97min) ★★★★
4.00 **to 6.00** AM **Extremely Wicked, Shockingly Evil and Vile** Biopic starring Zac Efron. (2019, 15, 110min) ★★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Mouse That Roared** Comedy starring Peter Sellers. (1959, U, 85min) ★★★
12.45 PM **3.10 to Yuma** Western. (1957, b/w, PG) ★★★★
2.35 **Detective Story** Drama. (1951, b/w, PG) ★★★★
4.40 **Arizona Raiders** Western. (1965, PG, 88min) ★★
6.25 **Gods of Egypt** Fantasy starring Nikolaj Coster-Waldau. (2016, 12, 127min) ★★★


11.35 The Hunt

Gods of Egypt (film started at 6.25pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **John Wick: Chapter 3 – Parabellum** Action thriller starring Keanu Reeves and Halle Berry. The seemingly invincible assassin returns, this time hunted by armies of bounty hunters. (2019, 15, 130min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Hunt** Horror thriller with Hilary Swank. A group of elites gather for the first time at a remote manor house to hunt ordinary Americans for sport. (2019, 15, 90min) ★★★ **10 PM**
1.20 **to 3.45** AM **The Exorcism of Emily Rose** Courtroom drama horror thriller starring Laura Linney and Tom Wilkinson. (2005, 15, 119min) ★★ **11 PM**

+1 hour 314 430 47 301

Sky Cinema Blockbusters

302 302 402 502 516

6.00 AM **Men in Black: International** Fantasy sequel. (2019, 12, 110min) ★★★
8.10 **Sky Cinema Preview**
9.10 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
11.25 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
1.25 PM **The Lord of the Rings: The Two Towers** Fantasy adventure. (2002, 12, 179min) ★★★★★
4.25 **The Smurfs** Family adventure. (2011, U, 103min) ★★
6.10 **Ghostbusters** Blockbuster comedy starring Bill Murray. (1984, 12, 105min) ★★★★
8.00 **The Lord of the Rings: The Return of the King** Fantasy adventure starring Elijah Wood. The forces of good and evil contend in a massive battle before the citadel of Minas Tirith, as Frodo Baggins nears the end of his perilous quest. (2003, 12, 201min) ★★★★★
11.20 **Terminator Salvation** Thriller sequel. (2009, 12) ★★★
1.20 AM **Terminator 2: Judgment Day** Sci-fi action thriller sequel. (1991, 15, 146min) ★★★★★
3.55 **Blacklight** (2022, 15) ★
5.45 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.00 AM **The Spy Who Came in from the Cold** As 4.00am.
7.55 **Control** Music biopic of Ian Curtis, lead singer of post-punk band Joy Division. (2007, b/w, 15, 116min) ★★★★★
10.00 **Sabrina** Billy Wilder comedy. (1954, b/w, U, 113min) ★★★★
12.00 NOON **Spotlight** Fact-based drama starring Mark Ruffalo. (2015, 15, 129min) ★★★★★
2.15 PM **The Duellists** Drama. (1977, PG, 101min) ★★★★
4.10 **Paper Moon** Comedy starring Ryan and Tatum O'Neal. (1973, b/w, PG, 100min) ★★★★
6.05 **Sunset Boulevard** Melodrama starring William Holden. (1950, b/w, PG, 110min) ★★★★★
8.00 **The Warriors** Thriller starring Michael Beck and James Remar. (1979, 15, 94min) ★★★
9.50 **The King's Speech** Royal drama starring Colin Firth. (2010, 12, 118min) ★★★★★
12.00 M'T **Risky Business** Comedy drama starring Tom Cruise. (1983, 18, 98min) ★★★★
1.55 AM **Grease 2** Musical sequel. (1982, PG, 109min) ★★
4.00 **to 6.00** AM **The Spy Who Came in from the Cold** Thriller. (1965, b/w, PG) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Lego DC Comics Super Heroes: Aquaman – Rage of Atlantis** As 10.55pm.
7.50 **Space Dogs: Return to Earth**
9.20 **Valiant** (2005, U) ★★★
10.45 **Riverdance: The Animated Adventure** (2021, U) ★★★
12.30 PM **Rock Dog** Animation. (2016, PG, 90min) ★★★
2.15 **Gulliver Returns** Animation. (2021, U, 90min) ★★★
4.00 **Monster Family** Animation. (2017, PG, 96min) ★★
5.45 **Planet 51** Animated adventure. (2009, U, 86min) ★★★
7.30 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
9.15 **Mia and Me: The Hero of Centopia** Animated adventure. (2022, U, 85min) ★★★
10.55 **Lego DC Comics Super Heroes: Aquaman – Rage of Atlantis** Animated adventure. (2018, PG, 77min) ★★★
12.25 AM **Space Dogs: Return to Earth** Animated adventure. (2020, U, 80min) ★★
1.55 **Gulliver Returns** As 2.15pm.
3.30 **Mia and Me: The Hero of Centopia** As 9.15pm.
5.00 **to 6.00** AM **Sky Cinema Preview**

Movies 24

325 419

7.00 AM **Mistletoe Magic** Romantic drama. (2019, PG, 85min) ★★
9.00 **If I Only Had Christmas** Drama. (2020, PG, 84min) ★
11.00 **Christmas by Starlight** Drama. (2020, PG, 89min) ★★
1.00 PM **Delivered by Christmas** Comedy. (2020, PG, 84min) ★★
3.00 **Ghosts of Christmas Always** Fantasy comedy starring Kim Matula. (2022, PG, 90min) ★★
5.00 **Nostalgic Christmas** Romantic drama. (2019, PG, 84min) ★★
7.00 **Check Inn to Christmas** Romantic drama with Rachel Boston. (2019, PG, 84min) ★★
9.00 **Cross Country Christmas** Drama starring Rachael Leigh Cook. A snowstorm threatens two people's holiday plans. (2020, PG, 83min) ★★
11.00 **Three Sisters at the Christmas Chateau** Drama starring Kinsey Leigh Redmond and Justen Jones. (2019, PG, 98min) ★★
1.00 AM **Christmas Stars** Romantic comedy starring Erica Durance. (2019, PG, 88min) ★★
3.00 **to 5.00** AM **Bells Are Ringing: Christmas in Evergreen** Drama. (2020, U, 89min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Juggernaut** Crime thriller. (1936, b/w, PG, 71min) ★★
7.15 **Sherlock Holmes** 13/39. (S1)
7.50 **Home and Away** Comedy. (1956, b/w, PG, 100min) ★★
9.25 **I Was An Adventuress** Comedy. (1940, b/w, PG, 81min) ★★
11.05 **Up River** Crime drama. (1979, 12, 90min) ★★
12.50 PM **Snowbound** Thriller. (1948, b/w, PG, 87min) ★★★
2.30 **At War with the Army** Comedy. (1950, b/w, U, 100min) ★
4.20 **Dancing with Crime** Crime drama. (1946, PG, 83min) ★★
6.00 **Colonel March of Scotland Yard** 14/26. (S1)
6.30 **Scotland Yard** 14/39. (S1)
7.05 **The Four Just Men** (S1)
7.40 **Look at Life** Documentary.
8.05 **The Human Jungle** 3/13. (S2)
9.05 **Maigret** 1/4. (S2)
10.55 **Cellar Club with Caroline Munro**
11.00 **Vampira** Comedy horror. (1976, PG, 88min) ★★
12.50 AM **Cellar Club with Caroline...**
12.55 **Berserk** Thriller. (1967, 12) ★★
2.50 **Cellar Club with Caroline...**
2.55 **King of the Zombies** Horror. (1941, b/w, PG, 67min) ★
4.20 **Cellar Club with Caroline...**
4.25 **Vickers Hovercraft**
5.00 **to 6.00** AM **Stagecoach West**

TUESDAY Sport

CHANNEL CHANGE TNT SPORTS
BT Sport has changed its name to TNT Sports

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **World Cup Breakfast**
8.00 **Good Morning Sports Fans** Today's early stories.
8.30 **World Cup Breakfast**
9.00 **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
12.00 NOON **Sky Sports News**
12.30 PM **LIVE Women's Ashes England v Australia.** Coverage of the third and final ODI in the multi-format series which takes place at the Cooper Associates County Ground, Taunton. The series started in June with a one-off Test at Trent Bridge, with Australia winning by 89 runs. England needed 268 to win and take four points into the white-ball formats, but Australian spinner Ash Gardner's incredible 8-66 led the visitors to victory.
9.00 **LIVE World Matchplay Darts** Coverage of the fourth day of the tournament, which takes place at Winter Gardens in Blackpool.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **Premier League Highlights**
10.00 **PL Retro** Crystal Palace v Liverpool from 2013/14.
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Highlights**
5.00 **Premier League Review**
7.00 **Premier League Highlights**
8.00 **Gary Neville's Soccerbox**
9.00 **We're Not Really Here: Man City** A look at Manchester City's season in the third tier.
9.30 **Newcastle: The Entertainers** Kevin Keegan's Newcastle United side during the 1990s.
10.00 **Premier League Icons**
10.30 **PL Retro** Portsmouth v Southampton from 2005.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2007/08**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2013/14 play-offs.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Retro** Blackpool v Cardiff City in the 2010 Championship play-off final.
12.00 NOON **SPFL Greatest Games**
5.00 PM **EFL Greatest Games** Aston Villa v Wolverhampton Wanderers from the 2017/18 season. **5.15** Fulham v QPR.
5.30 **SPFL Greatest Games** Hamilton v Rangers in 2017/18.
6.00 **EFL Cup Retro** Manchester City v Liverpool from 2016.
8.45 **EFL Greatest Games** Action from Middlesbrough v Wolverhampton Wanderers from the 2017/18 season.
9.00 **The Lionesses: A League of Their Own Special** Jill Scott gives Katherine Ryan and Maisie Adam a football masterclass.
10.00 **Championship Retro** Aston Villa v Derby in the 2018/19 Championship play-off final.
12.00 M'T **Championship Season Review 2014/15**
1.00 AM **EFL Cup Highlights**
3.45 **EFL Greatest Games**
4.00 **to 6.00** AM **Retro League One**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Talking Cricket**
6.30 **Ace: A Programme for Change**
7.00 **Ashes Memories**
7.30 **Changing the Game**
7.45 **My Icon** Charlotte Edwards.
8.00 **Women's Ashes**
10.00 **Ace: A Programme for Change**
10.30 **Women's Ashes**
12.30 PM **LIVE Women's Ashes England v Australia.** Coverage of the third and final ODI in the multi-format series, which takes place at the Cooper Associates County Ground in Taunton.
9.00 **Pushing Boundaries** Charting the history of women's cricket.
10.15 **Captain's Log** A look back Michael Vaughan's time as England captain.
11.15 **Women's Ashes** England v Australia: Action from the third and final ODI in the multi-format series at the Cooper Associates County Ground in Taunton.
12.15 AM **Ashes Memories** With Michael Atherton.
1.00 **Women's Ashes**
2.00 **How the 2013 Ashes Were Won** The series in England.
4.00 **Women's Ashes**.
5.00 **to 6.00** AM **Ashes Greats**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **The Open Films: Watson 1982** Archive action.
7.00 **The Open Films: Ballesteros 1984** Classic footage.
8.00 **1999: The Toughest Open**
9.00 **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
12.00 NOON **The Open** Preview of the Major at Royal Liverpool Golf Club, as today's leading stars prepare to emulate greats of the past by capturing one of the sport's most prestigious events.
2.00 PM **LIVE The Open** From the practice range ahead of the Major at Royal Liverpool Golf Club.
6.00 **Ladies European Tour Golf**
7.00 **DP World Tour Golf** Day four of the Genesis Scottish Open.
8.00 **Duel: Golf's Greatest Showdown** The 1977 Open.
9.00 **The Open** A preview of the Major.
11.00 **Duel: Golf's Greatest Showdown** The 1977 Open.
12.00 M'T **Chronicles of a Champion Golfer** Profiles of leading players.
1.00 AM **The Open: Official Films**
4.00 **The Open Films: Faldo 1990**
5.00 **to 6.00** AM **The Open: Official Films**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **Premier League Review**
8.00 **Serie A – Full Impact**
9.00 **Ligue 1 Highlights**
10.00 **Gallagher Premiership Rugby Union** A review of 2022/23.
11.30 **Heineken Champions Cup**
12.00 NOON **Isuzu UTE A-League** Melbourne City v Central Coast Mariners in the Grand Final.
1.00 PM **National Futsal Series**
3.00 **TNT Sports Goals Reload**
3.30 **UEFA Europa Conference League** Fiorentina v West Ham United in this year's final.
5.00 **UEFA Europa League** Sevilla v AS Roma in this year's final.
6.30 **UEFA Champions League** Manchester City v Inter Milan.
8.00 **LIVE UEFA Champions League** Coverage of a qualifying match. Kick-off **8.00pm**.
10.00 **What Went Down**
11.00 **Fight Week** Taking a look ahead to UFC London.
11.30 **UFC** Tom Aspinall's comeback.
12.00 M'T **WWE NXT Highlights**
1.00 AM **LIVE WWE NXT** Wrestling coverage.
3.15 **Ariel Helwani Meets**
4.15 **Badminton Weekly**
4.30 **to 6.00** AM **Classic Ligue 1**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **AFL** A chance to see Sydney Swans v Western Bulldogs. **8.00** A chance to see Melbourne Demons v Brisbane Lions. **10.00** Collingwood Magpies v Fremantle Dockers.
12.00 NOON **V8 Supercars Highlights**
2.00 PM **Badminton** Action from the US Open Finals.
4.00 **Irish Rally Review** Action from the Moonraker Forest Rally.
5.00 **The WRC Magazine**
5.30 **European Rally Championship Highlights** In Varmland, Sweden.
6.00 **Test Cricket Highlights** A look back at the first Test between West Indies and India.
8.00 **LIVE UEFA Champions League** Coverage of a qualifying match. Kick-off **8.00pm**.
10.00 **Original Documentary**
11.30 **TNT Sports Goals Reload**
12.00 M'T **UFC: The Ultimate Fighter**
1.00 AM **TNT Sports Goals Reload**
1.30 **LIVE Major League Cricket Los Angeles Knight Riders v San Francisco Unicorns.** Coverage of the T20 match from Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **The WRC Magazine**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Badminton** Action from the US Open Finals in Iowa.
8.00 **The WRC Magazine** The latest round of the season from Estonia.
8.30 **Test Cricket Highlights** Action from West Indies v India.
9.30 **Serie A** AC Milan v Udinese. **10.30** Hellas Verona v Napoli. **11.30** Lazio v Inter Milan. **12.30** PM Juventus v AS Roma. **1.30** AC Milan v Inter Milan.
2.30 PM **Hope United** Top footballers provide the digital skills needed to tackle online hate.
3.00 **AFL** A chance to see Sydney Swans v Western Bulldogs. **5.00** A chance to see Melbourne Demons v Brisbane Lions. **7.00** Collingwood Magpies v Fremantle Dockers.
9.00 **WWE Monday Night Raw** Recent wrestling action.
11.30 **LIVE MLB Philadelphia Phillies v Milwaukee Brewers.** Coverage of the National League match, staged at Citizens Bank Park. Start-time **11.40pm**.
3.00 AM **Fight Week**
3.30 **UFC Reloaded**
5.15 **TNT Sports Goals Reload**
5.30 **to 6.00** AM **Rugby Stories**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **The Rugby Championship**
7.00 **World Matchplay Darts**
11.00 **NFL: America's Game** The story of the Los Angeles Rams 2022 Super Bowl success.
12.00 NOON **NFL Highlights** Action from Kansas City Chiefs v Tennessee Titans from 2019/20.
1.00 PM **Super Bowl LIV Highlights** Action from Kansas City Chiefs v San Francisco 49ers.
3.00 **The Rugby Championship** A replay of Australia v Argentina.
5.10 **Darts Top Five Moments** Michael van Gerwen's finest moments.
5.15 **Top Rank Boxing Archive** Floyd Mayweather v Philip Ndou.
6.00 **Black Arrows: The Next Generation** Deta Hedman explores diversity in darts.
7.00 **LIVE World Matchplay Darts** Coverage of the fourth day of the tournament, which takes place at Winter Gardens in Blackpool.
12.00 M'T **Total Access**
1.00 AM **The Rugby Championship**
3.10 **Darts Top Five Moments**
3.15 **My Icon** Maggie Alphonsi.
3.30 **The Rugby Championship**
5.40 **Darts Top Five Moments**
5.45 **to 6.00** AM **My Icon**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **My Icon** Double bill.
8.00 **1999: The Toughest Open**
9.00 **Betfred Super League Highlights** Top-flight action.
9.30 **Formula 1** British Grand Prix.
10.30 **Women's Ashes**
12.30 PM **Gary Neville's Soccerbox**
1.00 **Betfred Super League Highlights** Top-flight action.
2.00 **World Matchplay Darts**
6.00 **State of Origin Rugby League Highlights** Game three.
6.15 **Betfred Super League Highlights** Top-flight action.
7.00 **Formula 1** From Silverstone.
8.00 **Fight Night International**
9.00 **The Lionesses: A League of Their Own Special**
10.00 **PGA Tour Golf** Highlights from the Barbasol Championship.
11.00 **Women's Ashes**
12.00 M'T **Formula 1**
1.00 AM **Women's Ashes**
2.00 **PGA Tour Golf**
3.00 **Betfred Super League Highlights** Top-flight action.
3.30 **The Rugby Championship**
5.40 **Darts Top Five Moments**
5.45 **to 6.00** AM **My Icon**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Test Cricket Highlights**
8.00 **TNT Sports Goals Reload**
8.30 **Fishing: On the Bank**
9.30 **FIM JuniorGP Championship**
2.00 PM **MLB** A replay of Baltimore Orioles v Los Angeles Dodgers.
4.30 **Gallagher Premiership Rugby Union** Tries from 2022/23.
5.00 **TNT Sports Goals Reload**
7.00 **MLB** A chance to see Baltimore Orioles v Los Angeles Dodgers.
9.30 **The WRC Magazine**
10.00 **Premier League Stories**
10.30 **Sport in Focus** Profiles.
10.45 **Premier League Legends**
11.15 **Badminton Weekly**
11.30 **UEFA Champions League** Action from a qualifying match.
1.00 AM **UEFA Champions League**
2.30 **to 6.00** AM **LIVE MLB Los Angeles Angels v New York Yankees.** Coverage of the American League match, which takes place at Angel Stadium of Anaheim. Start-time **2.38am**.

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Highlights**
7.30 **FIA World Endurance C'ship**
8.30 **Bennetts British Superbikes**
9.30 **Olympic Games**
9.45 **Cycling: Tour de France Femmes** Race preview.
10.15 **Cycling: Tour de France**
11.15 **Tour de France: Breakaway**
11.45 **LIVE Cycling: Tour de France** Coverage of the 16th stage.
5.00 PM **BMX European C'ships**
6.00 **Cycling: Get to Know**
6.45 **Olympic Games**
7.00 **Climbing World Cup**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Cycling: Tour de France Femmes** A look ahead.
10.00 **Hall of Fame: Athens 2004**
11.00 **Cycling: Tour de France**
12.00 M'T **Tour de France: Breakaway**
12.30 AM **Playing Fields**
1.00 **World Superbikes**
2.00 **Cycling: Tour de France**
3.00 **to 6.00** AM **Highlights**

Eurosport 2

414 414 869 | 522 | 413 436

6.30 AM **World Superbikes**
7.30 **Playing Fields**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Motocross World C'ship**
10.00 **Formula E** Recent action.
12.00 NOON **British Superbikes**
1.00 PM **World Surf League**
2.00 **Climbing World Cup**
3.00 **Hall of Fame: Beijing 2008**
4.00 **Formula E** The Rome ePrix.
5.00 **British Speedway**
6.00 **Show Jumping**
7.00 **Speedway Grand Prix**
8.00 **Formula E** The Rome ePrix.
9.05 **British Speedway**
10.00 **Formula E** Recent action.
12.00 M'T **Motocross World C'ship**
12.30 AM **Cycling: Tour de France**
1.30 **Tour de France: Breakaway**
2.00 **World Superbikes**
3.00 **FIA World Endurance C'ship**
4.00 **Cycling: Tour de France**
5.00 **Tour de France: Breakaway**
5.30 **to 6.30** AM **British Speedway**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Fight Night**
8.00 **Fight Night International**
9.00 **Kobe's Final Game**
11.00 **Netball Superleague**
1.00 PM **Betfred Super League Highlights** Top-flight action.
2.00 **World Matchplay Darts**
6.00 **Fight Night International**
7.00 **Fight Night** Action from 2022.
8.00 **Betfred Super League Highlights** Top-flight action.
9.00 **Players Only: Kobe & Shaq**
10.00 **NBA Classic Games** A memorable match between Denver Nuggets and Los Angeles Lakers from 2012.
11.00 **Ahead of the Game**
12.00 M'T **Betfred Super League Highlights** Top-flight action.
12.30 AM **State of Origin Rugby League Highlights**
12.45 **Women's State of Origin**
1.00 **WNBA** Connecticut v Chicago.
3.00 **Fight Night International**
5.00 **to 6.00** AM **NBA Classic Games**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** A chance to see the 2016 Hungarian Grand Prix. **1.15** PM Another chance to see the 2017 Hungarian Grand Prix. **3.30** Another chance to see the 2018 Hungarian Grand Prix.
5.45 **Charles and Carlos**
6.00 **Goodwood Festival of Speed** Action from the four day event.
8.00 **Formula 1** Highlights of the British Grand Prix, the 11th round of the season at Silverstone.
9.00 **Indycar** The Honda Indy Toronto, the 10th round of the season at Exhibition Place in Toronto.
10.00 **F1 Classic Races** A replay of the 2003 Hungarian Grand Prix.
12.15 AM **Graham Hill: World Champion** A profile of the two-time Formula 1 world champion.
12.45 **Lewis v Valtteri v Toto In GTRs** Lewis Hamilton, Valtteri Bottas and Toto Wolff race each other.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Wednesday 19 July

Evening Planner

Entertainment

Rob & Romesh vs Magic in Vegas
Sky Max & Sky Showcase, 9pm
Rob Beckett and Romesh Ranganathan perform a magic show in Las Vegas.

OnDemand

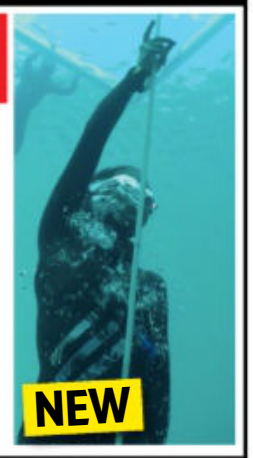
Disney+

The Bear
Available today
The kitchen-based drama returns, and chef Carmy (Jeremy Allen) is determined his new restaurant will be a success.

OnDemand

NETFLIX

The Deepest Breath
Available today
Documentary following two freedivers as they form a fateful connection in the ocean's depths.



OnDemand

Paramount+

I Wanna Rock: The '80s Metal Dream
Available today
Following five rockers as they chase their dreams.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop	8.30 The Travelling...	9.00 The Great British Sewing Bee		10.00 News; Local News	
102 BBC2	7.00 Today at the Test		8.00 Grand Tours of Scotland's Rivers		9.00 Death on the Tyne			10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Joanna Lumley's Spice Trail Adventure		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 George Clarke's Old House, New Home		9.00 Britain's Most Expensive Houses		10.00 Gogglebox	
105 CHANNEL 5	7.00 Budapest with Gregg Wallace		8.00 Jersey and Guernsey		9.00 999: Critical Condition		10.00 Casualty 24/7: Every Second Counts	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 The Ashes		9.00 Rob & Romesh vs Magic in Vegas		10.00 Katherine Ryan – Missus	
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Film: Yesterday				10.00 Awkwafina Is Nora from Queens	
116 BBC4	7.00 Yorkshire Walks	7.30 Secrets of...	8.00 New Zealand: Earth's Mythical Islands		9.00 Immortal Egypt with Joann Fletcher		10.00 The Hope and the Glory	
118 ITV2	7.00 Next Level Chef (USA)		8.00 Superstore		9.00 Love Island		10.05 Shopping...	10.35 Family Guy
136 MORE4	◂ 6.55 The Dog House		7.55 Grand Designs		9.00 D-Day: The King Who Fooled Hitler		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.30 Impractical...	8.00 Below Deck Sailing Yacht		9.00 Gogglebox		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 The Rookie		10.00 9-1-1	
108 SKY ATLANTIC	◂ 6.50 The Sopranos		7.55 Game of Thrones		9.00 The Staircase			10.15 Der Pass
110 GOLD	◂ 6.35 Dad's Army		7.55 Only Fools and Horses	8.35 Blackadder II	9.15 The Lenny Henry Show	9.55 Inside No. 9		10.35 The Fast...
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?	9.00 QI XL		10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
120 ITV4	7.00 Tour de France Highlights		8.00 Monster Carp		9.00 Film: Rocky III			
112 COMEDY CENTRAL	7.00 Friends				9.00 Russell Brand in New York		10.00 Jack Whitehall Gets Around	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Film: 2 Lava 2 Lantula			
113 SKY MAX	7.00 Stargate Atlantis		8.00 The Lionesses: A League of Their...		9.00 Rob & Romesh vs Magic in Vegas		10.00 Strike Back: Legacy	
109 ALIBI	7.00 Person of Interest		8.00 Father Brown		9.00 CSI: Vegas		10.00 Death in Paradise	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Portrait Artist of the Year 2018		9.00 Kubrick by Kubrick			10.40 Inside...
132 W	7.00 Inside the Ambulance: Coast and...		8.00 DIY SOS: The Big Build		9.00 24 Hours in A&E		10.00 Katie Piper's Jailhouse Mums	
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Alaska: The Last Frontier		9.00 Deadliest Catch		10.00 Tracked	
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Sharks of the Badlands		9.00 Shark Vortex		10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Lost Tombs of the Pyramids		9.00 Bloody Tales of the Tower		10.00 Kingdom of the Mummies	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 Cursed Treasures		10.00 Empire Builders	
155 YESTERDAY	7.00 Bangers & Cash		8.00 Canal Boat...	8.30 Villages by the...	9.00 Great Indian Railway Journeys		10.00 Bangers & Cash	
121 SKY DOCS	7.00 Gaming Wall St		8.05 The Movies		9.00 The Good Fight Club		10.00 Alexia: Labor Omnia Vincit	
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.55 Don't Worry Darling		8.00 Armageddon Time					10.15 The Locksmith
303 SCREEN QUEENS	◂ 6.10 The First Wives Club		8.00 Erin Brockovich					10.15 Fatal Attraction
304 GREATS	◂ 6.00 The King's Speech		8.00 Legend			9.45 Risky Business		
305 ANIMATION		7.20 Rock Dog 3: Battle The Beat			9.00 Maya the Bee: The Golden Orb			
306 FAMILY		7.15 The Karate Kid: Part III				9.15 The Host		
307 ACTION	◂ 5.50 Fast & Furious 5		8.00 Fast & Furious 6				10.10 Batman	
308 COMEDY	◂ 6.10 The World's End		8.00 Big Daddy			9.40 Kinky Boots		
309 THRILLER	◂ 5.55 The Client		8.00 Captain Phillips					10.15 Snitch
310 DRAMA	◂ 5.35 Coach Carter		8.00 The Fighter				10.10 Monster's Ball	
311 SCI-FI	◂ 6.10 Insidious: Chapter 3		8.00 The Matrix					10.20 The Matrix Reloaded
302 BLOCKBUSTERS	◂ 5.55 Sonic the Hedgehog 2		8.00 Forrest Gump					10.25 Angels & Demons
313 FILM4	◂ 6.55 Turner & Hooch				9.00 The Departed			
SPORT								
401 MAIN EVENT	7.00 World Matchplay Darts – Live: Coverage of the fifth day of the tournament							
402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 PL Stories	8.30 Gary Neville's...	9.00 PL 100		10.00 PL Stories	10.30 PL Retro
403 FOOTBALL	◂ 6.00 EFL Cup Retro		8.00 The Ashes		9.00 EFL Cup Retro			
404 CRICKET	7.00 Secrets Of...	7.30 Ashes Memories	8.00 The Ashes		9.00 Women's Ashes		10.00 The Ashes	
410 TNT SPORTS 1	7.00 Premier League Review		8.00 UEFA Champions League – Live: Coverage of a qualifying match (Kick-off 8.00)				10.00 UFC	
411 TNT SPORTS 2	◂ 6.00 MLB – Live: Baltimore Orioles v Los Angeles Dodgers (Start-time 6.05)					9.30 Reload	10.00 Rugby Stories	10.30 Deaf Away...

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Close Calls: On Camera** New edition A man is trapped under a tree during a storm. (S)
10.30 **Animal Park Summer** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Rick Stein's Cornwall** (S)(R)(AD)
2.15 **Robson Green's Weekend Escapes** Former Lioness Jill Scott and Robson try a combination of paddle boarding and yoga. (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **Antiques Road Trip** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Great British Sewing Bee

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Jo threatens Rocky and Kathy, Sharon takes pity on Lisa, and Eve plays matchmaker. (S)(AD)

8 PM

8.00 **The Repair Shop** Jay Blades and the team restore a dilapidated old go-kart. (S)(R)
8.30 **The Travelling Auctioneers** 2/15. A mother and daughter raise money for a cause that is close to their hearts. (S)(R)

9 PM

9.00 **Great British Sewing Bee** New edition 9/10. The semi-finalists make trench coats out of old military uniforms, transform cleaning products into a garment of their own choice, and create made-to-measure boiler suits. (S)(AD)

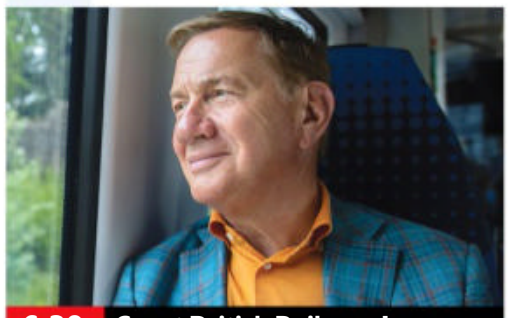
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW Women's World Cup Preview** A look ahead to the ninth edition of the Women's World Cup, which takes place in Australia and New Zealand. (S)
■ New Zealand v Norway is on BBC1 tomorrow at 7.30am.
11.10 **Who Do You Think You Are?** 7/9. Radio presenter Dev Griffin learns about his Irish and Jamaican ancestry, including tales from Ireland and some very personal details from his great grandparents' lives in Jamaica. Narrated by Phil Davis. (S)(R)(AD)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Great British Railway Journeys** From Coventry. (S)(R)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Clive Myrie's Italian Road Trip** Mount Vesuvius. (S)(R)
8.30 **Sign Zone: Great British Railway Journeys** West Yorkshire. (S)(R)
9.00 **Nicky Campbell** (S)
11.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Game show. (S)(R)
1.45 **Mastermind** Quiz show. (S)(R)
2.15 **Great British Menu** (S)(R)
2.45 **Home Is Where the Art Is** (S)(R)
3.15 **Cheetah Family & Me** (S)(R)(AD)
4.15 **Made in Great Britain** (S)(R)(AD)
5.15 **Flog It!** From Cornwall. (S)(R)
6.00 **Richard Osman's House of Games**
6.30 **Great British Railway Journeys** New edition 13/15. Learning about the HS2 and the RSC. (S)



6.30 Great British Railway Journeys

7 PM

7.00 **Today at the Test** England v Australia: Action from day one of the fourth Test in the five-match series, staged at Emirates Old Trafford. (S)

8 PM

8.00 **Grand Tours of Scotland's Rivers** Paul Murton explores the River Annan in Dumfries and Galloway, from where it rises above the Devil's Beef Tub all the way to the Solway Firth. (R)

9 PM

9.00 **NEW TO BBC2 Death on the Tyne** Mystery comedy following on from *Murder on the Blackpool Express*, focusing on an eventful overnight trip from Newcastle to Amsterdam. During the journey, the passengers and crew begin to get bumped off one by one in grizzly circumstances, and everyone seems to have a motive for murder. Stars Johnny Vegas, Sian Gibson and Sue Johnston. *Previously shown on Gold.* (S)

10 PM

10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Earth** 1/5. Chris Packham presents an epic history of the planet, beginning with the mass extinction 252 million years ago in which 90 per cent of all species died. (S)(R)
12.15 AM **Sign Zone: Your Home Made Perfect** From Croydon. (S)(R)(AD)
1.15 **Sign Zone: The Great British Sewing Bee** The remaining sewers compete in the quarter-finals. (R)
2.15 **Sign Zone: Garden Rescue** (S)(R)
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Islands to Highlands** James is joined by chef Galton Blackiston for a tour of Cornwall. They prepare cod from Newlyn fish market with oysters and tartare sauce, before painting on Sennen beach. (S)(R)(AD)
3.00 **Lingo** Word-based games show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7 PM

7.30 **Emmerdale** Mary is torn, Caleb makes Tracy an offer, and Wendy is alarmed when Bob nearly catches her out. (S)(AD)

8 PM

8.00 **Coronation Street** Elaine shares an alarming discovery about Stephen with a furious Tim, Isabella accuses Brian of conspiring to get rid of her, and Aadi's new job fails to live up to expectations. (S)(AD)

9 PM

9.00 **Joanna Lumley's Spice Trail Adventure** New edition 3/4. The actor continues her journey on the African island of Madagascar, where she discovers the secrets of the world's second most expensive spice, vanilla. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine show hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **A Year on Planet Earth** 2/4. The impact spring has on the world. (R)
12.30 AM **Tour de France Highlights** Action from the 17th stage. (S)(R)
1.20 **Catchphrase** (S)(R)(AD)
1.50 **Winning Combination** (S)(R)
2.45 **Great Racehorses** (S)(R)
3.00 **Tonight: How to Age Well – Your Lifestyle** (S)(SL)(R)
3.25 **Next Level Chef** (S)(SL)(R)(AD)
4.20 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Love Your Garden** (R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 20&21/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.05 **Frasier** 15-17/24. (S5) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From California. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Chateau DIY** (S)(R)(AD)
5.00 **Sun, Sea and Selling Houses** New edition Sophie and Charlotte Rodriguez try to find the perfect Alicante home for Richard and Leesa from Rochdale. (S)
6.00 **The Simpsons** *Last Tap Dance in Springfield:* Lisa tries to be a dancer but is not very good. (S)(R)(AD)
6.30 **Hollyoaks** Cindy's friends and family rally to support her. (S)(AD)

8.00 George Clarke's Old House...

7 PM

7.00 **News** (S)

8 PM

8.00 **George Clarke's Old House, New Home** New edition 2/4. George heads to Kent to help Pete and Amelie make their 16-room Victorian house fit for modern life, with plans for a new playroom and library. (S)(AD)

9 PM

9.00 **Britain's Most Expensive Houses** New edition Diana tries to get a listing for a £30million mega-home in Mayfair, and Christine teams up with Tessa and Amy to close a deal on a Grade I listed Georgian townhouse. (S)(AD)

10 PM

10.00 **Gogglebox** Appraisals of *The Masked Dancer, Married at First Sight UK, Nadiya's Everyday Baking, Bad Sisters, This Is MY House, Epic Adventures with Bertie Gregory*, and *ITV News*. (S)(R)(AD)
11.00 **Celebrity Gogglebox** (S)(SL)(R)
12.00 M'T **NEW Untold: Men for Sale – Life of a Male Escort** The world of male escorts. (S)(AD)
12.35 AM **Ramsay's Hotel Hell** (S)(SL)(R)
1.25 **FILM Nerve** Thriller starring Emma Roberts and Dave Franco. (S)(SL) (2016, 15, 95min) ★★★
3.00 **Mad Women** (S)(SL)(R)(AD)
3.55 **Location, Location, Location** (R)
4.50 **Undercover Boss USA** (S)(R)
5.40 **Escape to the Chateau** (S)(R)
5.50 **to 6.15** AM **Beat the Chef** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.50 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **An Affair to Die For** Thriller starring Ryan Francis. A young woman's father becomes the obsession of her seductive room mate. (S) (2023, 12, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Catering company owners serve Sunday roasts with a twist. (R)
5.00 **News** (S)
6.00 **Eggheads** Hop Pole United from Aylesbury take part. (S)(R) **6.30** Charity workers the Quiz Steppers take part. (S)(R)
6.55 **News** (S)

8.00 Jersey and Guernsey

7.00 **Budapest with Gregg Wallace** 3/6. Gregg visits Budapest, and explores one of the most popular city destinations in eastern Europe. (S)(R)
7.55 **News** (S)
8.00 **Jersey and Guernsey** Series finale 6/6. On Jersey, sailing duo Deb and Chris take part in the historic Gorey Regatta, but as the race gets underway, they soon find themselves on course for a collision. (S)
9.00 **999: Critical Condition** New edition 7/8. Matthew is rushed into hospital after a collision between his motorbike and a tractor. His chest has taken the full force of the impact but there could be other hidden injuries. (S)
10.00 **Casualty 24/7: Every Second Counts** A toddler is rushed in with suspected sepsis, a life-threatening condition that attacks the organs, and a team of specialists administer high-strength antibiotics. (R)
11.05 **Skin A&E** A butcher has a sizeable lipoma on his neck. (R)
12.05 AM **Coastguard: Search & Rescue SOS** Documentary. (R)
1.00 **Teleshopping** (S)
3.00 **Red Arrows: Big Finish** (S)(R)
3.50 **OMG: My Midlife Plastic Crisis**
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Secret Life of the Kangaroo**
9.00 **Nothing to Declare** (S)(R)
10.00 **The Flash** 7/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S5) (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
2.00 **MacGyver** 6/13. (S4) (S)(R)
3.00 **The Equalizer** (S2) (S)(R)(AD)
4.00 **A League of Their Own Road Trip: Dingle to Dover** With Freddie Flintoff. (S)(R)(AD)
5.00 **The Simpsons** (S)(R)
5.30 **Modern Family** 3/18. Phil, Claire, Alex and Luke decide to give Haley the day off. (S)(R) **6.00** 4/18. Jay starts to feel neglected. (S11) (S)(R)
6.30 **The Simpsons** *Homer's Phobia:* A gay antiques dealer begins to socialise with the family. (S)(R)

9.00 Rob & Romesh vs Magic in...

7.00 **The Simpsons** *Brother from Another Series:* Sideshow Bob is released from prison. (S)(R) **7.30** *My Sister, My Sitter:* Homer and Marge decide Lisa is sensible enough to babysit older brother Bart. (S)(R)
8.00 **Cricket: The Ashes** Action from the first day's play of the fourth Test in the five-match series between England and Australia, which takes place at Emirates Old Trafford in Manchester.
9.00 NEW SERIES **Rob & Romesh vs Magic in Vegas** The boys are invited by Penn & Teller to join Vegas' longest-running residency show, and have three days to pull their act together. *See feature, page 8.*
10.00 **Katherine Ryan: Missus** A stand-up show by the comedian in which she reveals how marriage has given her new perspectives on life, love and what it means. (S)(R)
11.15 **Angel City** 3/3. Tensions start to rise amid Angel City FC's fight for a play-off spot (S)(R)
12.30 AM **Last King of the Cross** 9/10. A new order is brought to Kings Cross. (S1) (S)(R)(AD)
1.40 **Caught on Dashcam** (S)(R)
2.40 **Road Wars** (S)(R)
3.10 **Hawaii Five-0** 9/25. (S7) (S)(R)
4.05 **MacGyver** 6/13. (S4) (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.00pm NEW SERIES Barra's Return of the Wild (S) **8.30-9.00** NEW SERIES Extraordinary Portraits with Bill Bailey (S) (AD) **10.40** Ulster By the Sea (S)(R) **11.10** Women's World Cup Preview (S) **11.40** Who Do You Think You Are? (S) (R)(AD) **12.40-6.00am** BBC News (S)
WALES
Sky **965**, Virgin **864**, Freesat **965**
8.30-9.00pm Full House (S)(R)
BBC1 North East
Sky **952**, Freesat **952**
8.00-9.00pm 24/7 Pet Hospital: Double bill. (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations
WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Garddio a Mwy **1.00** Prynhawn Da New edition **1.55** Newyddion S4C a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.30** Og y Draenog Hapus **4.40** Anifeiliaid Bach y Byd **4.50** Patrôl Pawennau **5.00** Stwnsh **6.00** Gwyliau Gartref (AD) **6.30** Cyfres Triathlon Cymru **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Pobol y Cwm New episode (AD) **8.55** Newyddion S4C a'r Tywydd **9.00** Beicio Mynydd: Red Bull Hardline Cymru **10.00** Seiclo: Tour de France **10.30** Y Byd ar Bedwar **11.00-11.35pm** 3 Lle (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/141 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Chris Harris and Rory Reid embark on a road trip across Cuba.
7.55 **The Catch Up**
8.00 FILM **Yesterday** Danny Boyle's comedy starring Himesh Patel and Lily James. (2019, 12, 116min) ★★★
9.50 **The Film Fan's Guide to Durham** New edition 3/6. Ali Plumb explores some of the UK's most iconic film locations in Durham.
10.00 **Awkwafina Is Nora from Queens** New episodes 5/7. Wally comes clean to Brenda about his new job, but it doesn't go well. **10.25** 6/7. Nora goes upstate to buy her dream car, only to get robbed. **10.45** Series finale 7/7. Awkwafina gives Nora a new perspective and she decides to stay in Queens. (S3)
11.10 **Him & Her** 1&2/7. (S2)
12.05 AM **Top Gear** As 7pm.
1.05 **Gassed Up** Double bill.
2.40 **The Film Fan's Guide to Durham** As 9.50pm.
2.50 **to 3.50** AM **Him & Her**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Yorkshire Walks** 3/4. Shanaz Gulzar travels from Runswick Bay to Whitby.
7.30 **Secrets of Bones** 3/6. Exploring the ways that the skeleton aids flight.
8.00 **New Zealand: Earth's Mythical Islands** 3/3. A caving expedition reveals relics of the lost world of the nation's pre-human past.
9.00 **Immortal Egypt with Joann Fletcher** 2/4. The professor tells the story of political upheaval and civil war that followed Egypt's 'Pyramid Age'.
10.00 **The Hope and the Glory** Drama about the unlikely friendship between two men in a boarding house.
11.30 **Storyville: Masterspy of Moscow: George Blake** The life of the Soviet agent.
1.00 AM **Yorkshire Walks**
1.30 **Secrets of Bones**
2.00 **Immortal Egypt with Joann Fletcher**
3.00 **to 4.00** AM **New Zealand: Earth's Mythical Islands**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Beekeeping.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo** The keepers introduce a younger female to the spider monkey group.
6.55 **The Dog House** Lonesome teenager Jasmine seeks a canine companion to replace her twin sister Shola.
7.55 **Grand Designs** A couple of designers are converting a Victorian dairy in south-east London into a family home, while retaining as much of the decaying and crumbling brickwork as possible.
9.00 **D-Day: The King Who Fooled Hitler** George VI's role in maintaining the secrecy of the plans for the D-Day Landings, and how British intelligence viewed the monarchy.
10.00 **24 Hours in A&E** Emergency care nurse Tim reflects on his role and describes the impact his GP father had on his life.
11.05 **24 Hours in A&E** A 75-year-old man has a stroke.
12.10 AM **Emergency Helicopter Medics**
1.15 **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236 347 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four editions.
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** John Paul is attacked as he leaves a club.
7.30 **Impractical Jokers** Q, Sal, Joe and Murr act as not-so-handy-men.
8.00 **Below Deck Sailing Yacht** New edition Chef Marcos tries to get through another stellar dinner while dealing with some devastating news. Later, the team pull together to try and avoid running aground in bad weather.
9.00 **Gogglebox** The households' opinions on *Strictly Come Dancing* and *The Pet Show*.
10.00 **Naked Attraction** A pansexual opera singer looks for a man as tall as her.
11.05 **First Dates**
12.05 AM **Gogglebox**
1.10 **Impractical Jokers**
2.10 **Gogglebox**
3.05 **Below Deck Sailing Yacht**
3.50 **Ramsay's Kitchen Nightmares USA**
4.40 **to 6.00** AM **The Neighborhood**

+1 hour 235 306 30 123

Wednesday primetime

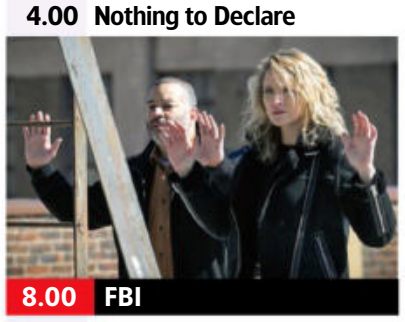
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **The Force: Manchester**
12.00 NOON **The Rookie** 12/14. (S3)
1.00 PM **FBI** 16/22. (S4)
2.00 **FBI: International** 1/21. Scott Forrester and his team head to Croatia. (S1)
3.00 **The Equalizer** 8/18. McCall and Mel help a woman track down her son. (S2)
4.00 **Nothing to Declare**


8.00 FBI

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *One Night Stand:* 17/22. The team investigate a double homicide when a couple are found dead. (S4)

9 PM
9.00 **The Rookie** *Crash Course:* 2/20. Talia forces Nolan to confront his moral instincts after he encounters a kidnapping victim. (S1)

10 PM
10.00 **9-1-1** *Treasure Hunt:* 12/14. The death of a famous mystery writer sparks a chaotic manhunt for buried treasure. (S4)
11.00 **New Amsterdam** 10/22. A superbug hits the hospital. (S4)
12.00 M'T **The Equalizer** 7/18. (S2)
1.00 AM **Private Eyes** 3/12. (S4)
2.00 **Bull** 13/22. (S2)
3.00 **Chicago Fire** 6/22. (S9)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Urban Secrets**
7.55 **The Newsroom** 1&2/6. (S3)
10.05 **The Sopranos** 6&7/13. (S4)
12.15 PM **Game of Thrones** (S8)
1.20 **Gomorrah** 9&10/12. (S3)
3.30 **The Newsroom** 3/6. The ACN team fall under the scrutiny of the FBI. **4.35** 4/6. Will refuses to reveal the source of the stolen government documents. (S3)
5.45 **The Sopranos** 8/13. Furio visits his father in Italy. **6.50** 9/13. Junior falls down a flight of stairs. (S4)

9.00 The Staircase

7.55 **Game of Thrones** *A Knight of the Seven Kingdoms:* 2/6. Jaime Lannister is confronted with the consequences of his past mistakes. (S8)

9.00 **The Staircase** *Common Sense:* 4/8. Tensions rise and old wounds reopen as the Petersons' eldest son returns home, and makes a discovery. (S1)
10.15 **Der Pass** 6/8. Ellie and Gedeon find out about the legend of Schinder Jackl. Subtitled. (S3)
11.20 **The Time Traveler's Wife** 3/6. A teenage Clare turns to Henry for help. (S1)
12.20 AM **Tin Star** 3/10. Jim wakes up from a black out. (S1)
1.25 **Little Birds** 3/6. (S1)
2.30 **Game of Thrones** 3/6. (S8)
4.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate Atlantis** (S1)
8.00 **Supergirl** 2/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 7/23. (S3)
11.00 **NCIS: New Orleans** (S5)
1.00 PM **Hawaii Five-0** 9/25. (S7)
2.00 **MacGyver** 6/13. (S4)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 3/23. (S3)
5.00 **The Flash** 7/23. (S3)
6.00 **Stargate Atlantis** 15/20. A woman is found in suspended animation, and the team discover it is Dr Weir. (S1)

10.00 Strike Back: Legacy

7.00 **Stargate Atlantis** *The Brotherhood:* 16/20. The team set off to search the planet Dagan for a Zero Point Module. (S1)

8.00 **The Lionesses: A League of Their Own Special** Jill Scott gives Katherine Ryan and Maisie Adam a football masterclass.

9.00 NEW SERIES **Rob & Romesh vs Magic in Vegas** The boys join Penn & Teller's show. *See feature, page 8.*

10.00 **Strike Back: Legacy** 8/10. Section 20 discovers that Li-Na is planning a nuclear attack on Europe. (S5)
11.00 **The 90s: Cinema's Greatest Decade** The era's best films.
12.00 M'T **Last King of the Cross**
1.05 AM **Road Wars**
2.00 **Caught on Dashcam**
3.00 **Hawaii Five-0** 9/25. (S7)
4.00 **MacGyver** 6/13. (S4)
5.00 **Highway Patrol**
5.30 **to 6.00** AM **Bondi Rescue**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 6/22. (S7)
9.00 **Dawson's Creek** 10/23. (S3)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Celebrity Dinner Date**
1.00 PM **Epic Gameshow**
2.00 **Chuck** 17/24. (S4)
3.05 **One Tree Hill** 7/22. (S7)
4.00 **Dawson's Creek** 11/23. (S3)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase**

10.05 Shopping with Keith Lemon

7.00 **Next Level Chef (USA)** New edition The chefs are asked to prepare a next-level pork dish.

8.00 **Superstore** 3/22. A workplace accident threatens Amy's plan. **8.30** 4/22. Jonah refuses to sell guns in-store. (S2)

9.00 **Love Island** New edition As week seven continues, the islanders are soaking up the sunshine in their very own luxury villa.

10.05 NEW SERIES **Shopping with Keith Lemon** With AJ Odudu and Will Best.
10.35 **Family Guy** 4/22. Brian dates an old woman. (S8)
11.05 **Family Guy** 14/16. Brian meets Lauren Conrad. (S7)
11.35 **American Dad!** (S9)
12.30 AM **Stand Up Sketch Show**
1.00 **Superstore** 5&6/22. (S2)
2.00 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.05 **Never the Twain**
9.15 **The Royal** Double bill.
11.30 **Heartbeat**
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Agatha Christie's Poirot** *Sad Cypress:* The detective aims to prove the innocence of chief suspect Elinor Carlisle.
6.00 **Heartbeat** *A Family Affair:* Ventress looks for a bogus water board official who has been robbing the elderly.

10.00 Law & Order: UK

7.00 **Heartbeat** *The Holiday's Over:* Gina grows more unhappy at the thought of having to give up her job to marry a policeman.

8.00 **Vera** *Changing Tides:* The detective investigates a suspicious fire that rips through a holiday park on the coast, destroying three cabins and claiming the life of the resort owner's sister.

10.00 **Law & Order: UK** *Shaken:* 5/6. A six-month-old boy dies in what appears to be a case of cot death. (S4)
11.00 **The Bay** 3/6. CCTV evidence leads to a major development in the case, while Karen and Jenn attempt to secure a new home for the Metcalf family as old tensions resurface. (S4)
12.05 AM **The Royal** Double bill.
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Scotland from the Sky** 2/3. Jamie Crawford discovers how people in Scotland have lived off the land.
8.00 **Life on the Bay** 5/8. A job is up for grabs at the caravan park.
8.30 **Scotland's Home of the Year** 2/10. The judges visit houses in Grampian and the Central Highlands.
9.00 **The Nine**
10.00 **River City** New episode An anxious Karen faces hearing the results of her chemotherapy, and Stevie struggles.
10.30 **Accidental Renovators** 2/4. Cal and Claire reach 100,000 followers on their Instagram account.
11.00 **Return to Uist**
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland**

Sky Comedy

114/115 112 347 362

8.00 AM **Mr Mayor** (S2)
9.00 **Silicon Valley** (S4)
10.10 **Girls** 1&2/10. (S5)
11.30 **Pen15** 2&3/15. (S2)
12.50 PM **Silicon Valley** (S5)
2.10 **Fresh Prince of Bel Air**
3.10 **Girls** 3&4/10. (S5)
4.30 **Mr Mayor** 6&7/10. (S2)
5.30 **Will & Grace** (S4)
6.30 **Fresh Prince of Bel Air**
7.30 **Bloods** 1/6. (S1)
8.00 **The Office (US)**
9.00 **Divorce** 3/10. A counselling session overwhelms Robert. **9.40** 4/10. Robert gets a reality check from his accountant. (S1)
10.15 **Breeders** 3/10. Ally attempts to acclimatise to Michael's presence. **10.45** 4/10. Luke tries to prove Santa does not exist. (S1)
11.15 **Curb Your Enthusiasm**
12.45 AM **Vice Principals** (S1)
2.05 **Rovers** 5/6. (S1)
2.35 **2 Dope Queens** (S1)
3.40 **to 5.00** AM **Pen15**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Ray Charles: Live in France 1961**
8.00 **The Joy of Painting**
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering: Leslie Caron**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Bill Bailey's Master Crafters**
3.00 **Anyone Can Sing**
4.00 **Discovering: Alec Guinness**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **The Joy of Painting**
8.00 **Portrait Artist 2018**
9.00 **Kubrick by Kubrick**
10.40 **Inside Christopher Nolan's Oppenheimer**
11.10 FILM **Following** Thriller. (1998, b/w, 15) ★★★
12.35 AM **Why Do We Dance?**
1.50 **Touching the Void**
3.50 **Soundbreaking**
4.50 **Arts Uncovered**
5.00 **to 6.00** AM **Auction**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S1)
5.00 **Star Trek: The Next Generation** 16/26. (S7)
6.00 **Merlin** 3/13. (S1)
7.00 **Star Trek: Voyager** (S6)
8.00 **NCIS: New Orleans** (S6)
9.00 **SEAL Team** 3/22. (S2)
10.00 **Grimm** 15/22. (S5)
11.00 **Snapped** The story of Crystal Gregoire.
12.00 M'T **Killer in My Village**
1.00 AM **The Force: Manchester**
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131 119 28 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Be Beautiful**
12.15 PM **Real Housewives of Beverly Hills**
1.15 **Sam and Billie: The Mummy Diaries**
2.15 **The Only Way Is Essex**
3.00 **Dinner Date**
4.00 **Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Project Bakeover** New edition Rescuing a bakery in Montreal.
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 9/20. (S4)
9.00 **Botched**
10.00 **The Real Housewives Ultimate Girls' Trip**
11.00 **Crazy Ex-Girlfriend** New episode 9/18. (S4)
12.00 M'T **Only Way Is Essex**
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Sue Thomas: F.B.Eye** 12&13/19. (S3)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Family Album** Drama.
11.00 **Castle** 14&15/23. (S4)
1.00 PM **Sue Thomas: F.B.Eye** 3&4/19. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 5-8/24. (S3)
9.00 **Randall and Hopkirk (Deceased)** *Money to Burn:* 20/26. Jeff is accused of stealing used currency. (S1)
10.00 **The Persuaders!** *The Long Goodbye:* 13/24. Three women try to benefit from a scientist's death. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S3)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
3.50 **to 4.00** AM **Great! Movie News Extra**

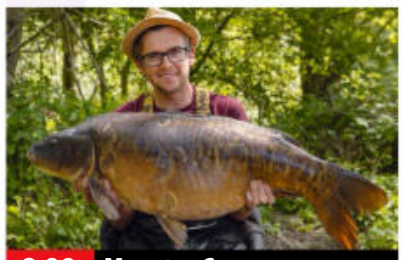
+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Minder**
7.00 **The Sweeney**
8.05 **Giant Lobster Hunters**
9.00 **Dempsey and Makepeace**
10.00 **Tour de France Highlights**
11.05 **Dramatic Finishes**
11.15 LIVE **Tour De France** Coverage of the 17th stage, which consists of a 166km route from Saint-Gervais Mont-Blanc to Courchevel.
5.00 PM **Made in Britain**
6.00 **BattleBots** New edition The final eight of the Top 16 bots go head-to-head.


8.00 Monster Carp

7.00 **Tour de France Highlights** Action from stage 17, featuring a route from Saint-Gervais Mont-Blanc to Courchevel.
8.00 **Monster Carp** Ali Hamidi travels to South Africa where he, Tom Dove and Neil Spooner come face-to-face with Jaws.
9.00 FILM **Rocky III** Boxing drama sequel starring Sylvester Stallone. Rocky Balboa is enjoying his life as world heavyweight champion, until a brutal contender demands a shot at the title. (1982, PG, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.10 **Wrestling: AEW Collision** Hard-hitting wrestling action.
1.10 AM **The Sweeney**
2.10 **Motorsport Mundial**
2.40 **Unwind with ITV**
3.55 **Dempsey and Makepeace**
4.45 **Magnum, PI**
5.35 **to 6.00** AM **Made in Britain**

+1 hour 220 318 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Merlin** 11/13. (S1)
7.00 **The Outpost** 13/13. (S2)
8.00 **Teleshopping**
11.00 **Pandora** 4/13. (S1)
12.00 NOON **Star Trek: The Next Generation** 4&6/22. (S2)
2.00 PM **Merlin** 11/13. (S1)
3.00 **Pandora** 4/13. (S1)
4.00 **Quantum Leap** 10/22. (S5)
5.00 **Stargate Atlantis** 7/20. The team investigate a drug. (S1)
6.00 **Star Trek: The Next Generation** 4/22. The crew come to the rescue of a stricken cargo ship. (S2)

9.00 2 Lava 2 Lantula

7.00 **Star Trek: The Next Generation** *Loud as a Whisper:* 6/22. The crew mediate in an interplanetary conflict. (S2)
8.00 **Star Trek: Voyager** *Latent Image:* 11/26. The Doctor discovers that his short-term memory has been tampered with. (S5)
9.00 FILM **2 Lava 2 Lantula** Fantasy sequel with Steve Guttenberg and Michael Winslow. Volcanic eruptions in LA unleash a swarm of gigantic, lava-breathing tarantulas. (2016, PG, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 FILM **Acts of Violence** Crime drama starring Bruce Willis. Three brothers, a crime lord and an incorruptible cop are set on a deadly collision course. (2018, 15, 86min) ★★
1.00 AM **Star Trek: Voyager** (S5)
3.00 **Stargate Atlantis** 7/20. (S1)
4.00 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Unforgettable** 3/13. (S4)
10.00 **Rizzoli & Isles** 8/13. (S7)
11.00 **Without a Trace** 23/24. (S7)
12.00 NOON **The Doctor Blake Mysteries** 5/10. (S1)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S9)
4.00 **Unforgettable** 3/13. (S4)
5.00 **Rizzoli & Isles** 8/13. A possible witness to a double murder is arrested. (S7)
6.00 **Without a Trace** 23/24. Jack agrees to search for his daughter's boyfriend. (S7)

9.00 CSI: Vegas

7.00 **Person of Interest** *Prisoner's Dilemma:* 12/22. Fusco protects a supermodel from Armenian mobsters. (S2)
8.00 **Father Brown** *The Demise of the Debutante:* The clergyman uncovers secrets and murder at a finishing school for girls.
9.00 **CSI: Vegas** *Waiting in the Wings:* 9/10. The team investigate the eccentric world of sideshows. (S1)
10.00 **Death in Paradise** *Death of a Detective:* 1/8. Richard Poole meets a sticky end at a university reunion. (S3)
11.00 **Person of Interest** As 7pm.
12.00 M'T **The Doctor Blake Mysteries** 5/10. Lucien is appointed to a judging panel, but one of the adjudicators is soon found dead. (S1)
1.00 AM **Unforgettable** 3/13. (S4)
2.00 **to 4.00** AM **Evil**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.15 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **Ever Decreasing Circles**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.35 **Are You Being Served?**
3.15 **Last of the Summer Wine**
4.35 **Keeping Up Appearances**
5.15 **Are You Being Served?**
5.55 **The Good Life**
6.35 **Dad's Army**

7.55 Only Fools and Horses

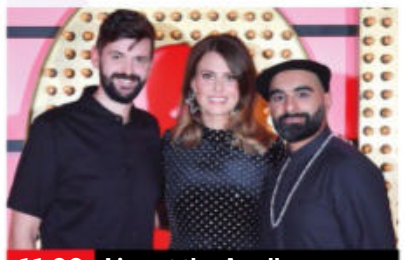
7.15 **Dad's Army** A German pilot is stuck on the town clock by his parachute.
7.55 **Only Fools and Horses** Rodney gets a girlfriend whose husband is about to be released from jail.
8.35 **Blackadder II** Edmund and Lord Melchett are kidnapped by a master of disguise.
9.15 **The Lenny Henry Show** Lenny Henry presents a series of sketches.
9.55 **Inside No 9** A man has an interesting first day as a volunteer for a telephone helpline.
10.35 **The Fast Show** Comedy sketch show.
11.15 **Live at the Apollo** With Sean Lock and Marcus Brigstocke.
12.20 AM **Only Fools and Horses**
1.00 **Blackadder II** As 8.35pm.
1.35 **The Lenny Henry Show**
2.25 **The Story of Only Fools and Horses** Documentary.
3.15 **to 4.00** AM **Desmond's**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Top Gear** With Tom Jones.
9.00 **Border Force: America's Gatekeepers**
10.00 **Railroad Australia**
11.00 **Gino's Italian Escape**
12.00 NOON **Storage Hunters UK**
1.00 PM **Cops on the Rock**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Janet Ellis.
4.40 **Would I Lie to You?**
5.20 **Room 101** With Cilla Black.
6.00 **Taskmaster** With Sara Pascoe.


11.00 Live at the Apollo

7.00 **Richard Osman's House of Games** With Alex Horne and Dev Griffin. **7.40** John Robins, Dom Joly, Angela Rippon and Samira Ahmed take part.
8.20 **Would I Lie to You?** With guests Les Dennis, Richard Osman, Alice Levine and Lou Sanders.
9.00 **QI XL** Stephen Fry hosts the quiz with a difference with Josh Widdicombe, Phill Jupitus, Katherine Ryan and Alan Davies.
10.00 **Schitt's Creek** 5/13. The mayor offers Johnny and Moira use of his cabin. **10.30** 6/13. Moira is hired to be a local winery's spokesperson. (S1)
11.00 **Live at the Apollo**
1.00 AM **Mock the Week** With Angela Barnes and Ed Byrne.
1.40 **Would I Lie to You?**
2.15 **Richard Osman's House of Games** With Kate Robbins.
2.45 **to 4.00** AM **Schitt's Creek**

+1 hour 211 327 57

Wednesday

7 PM 8 PM 9 PM 10 PM

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun: Home or Away**
1.30 **A Place in the Sun**
2.30 **Sun, Sea and Selling Houses** Property show.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Jamie's One-Pan Wonders** Favourite recipes from the series.
8.00 **Bake Off: The Professionals** 3/10. The four remaining teams take on Chocolate Week.
9.00 **Sky Coppers**
10.00 **Sarah Millican: Control Enthusiast**
11.05 FILM **Snatched** Fish-out-of-water comedy. (2017, 15, 90min) ★★
12.55 AM **24 Hours in A&E**
1.55 **Britain's Most Expensive Houses**
3.00 **Grand Designs**
4.00 **to 5.00** AM **Five Star Kitchen: Britain's Next Great Chef – The Final**

5USA

141 141 120/162 21 129

9.00 AM **NCIS** 7/16. (S18)
9.55 **Entertainment News**
10.00 **NCIS** 8&9/16. (S18)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Docked:* 7/21. The officers investigate the death of a man on a cruise ship. **7.00** *Peacekeeper:* 8/21. Kasie weighs up the pros and cons of buying a gun. **8.00** *Collective Memory:* 9/21. A murder victim's 3D hologram is interviewed and becomes a case witness. (S19)
9.00 **Criminal Minds** *Unknown Subject:* 12/24. The team travel to Houston to search for a serial rapist who has resurfaced to attack his previous victims again. (S7)
10.00 **Law & Order: Special Victims Unit** (S17)
11.55 **NCIS** 20-23/24. (S12)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Call the Bailiffs: Time to Pay Up**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Documentary.
8.00 **Dogs Behaving (Very) Badly**
9.00 FILM **Elysium** Sci-fi action thriller starring Matt Damon. (2013, 15, 107min) ★★★★
11.10 FILM **Kiss the Girls** Thriller starring Morgan Freeman. (1997, 18, 115min) ★★★
1.30 AM **Rich Kids Go Skint**
2.25 **GPs: Behind Closed Doors** Documentary.
3.15 **to 4.00** AM **100% Hotter**

+1 hour 228 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Trucking Hell**
10.10 **Traffic Cops**
11.10 **Police Interceptors**
12.10 PM FILM **A Big Hand for the Little Lady** Western. (1966, PG, 95min) ★★★
2.10 FILM **Santa Fe** Western. (1951, U, 87min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 FILM **Fire With Fire** Action crime thriller starring Josh Duhamel. (2012, 15, 97min) ★★
11.00 FILM **Hurricane** World War Two drama starring Iwan Rheon. (2018, 15, 107min) ★★
1.10 AM **World's Deadliest Weather: Caught on Camera** A tornado.
2.10 **Fights, Camera, Action!**
3.10 **Sinkholes**
4.00 **Trucking Hell**
4.50 **to 5.00** AM **Entertainment News**

W

132 827 125 25 156

6.05 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **MasterChef USA: Legends**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **MasterChef Australia**
7.00 **Inside the Ambulance: Coast and Country**
8.00 **DIY SOS: The Big Build**
9.00 **24 Hours in A&E**
10.00 **Katie Piper's Jailhouse Mums** Series finale Keeping women in touch with their kids.
11.00 **Face to Face with Armageddon**
12.00 M'T **One Born Every Minute** Documentary
1.00 AM **James Martin: Home Comforts**
2.00 **to 3.00** AM **Rachel Khoo's Kitchen Notebook: Cosmopolitan Cook**

+1 hour 232 325

Drama

143 116 20 158

7.15 AM **Pie in the Sky**
8.05 **Lovejoy**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 4/6. Simon is ready to take on legal duties again. (S2)
9.00 **Maisie Raine** *An Ordinary Little Tragedy:* Maisie helps find a missing girl.
10.00 **New Tricks** *Congratulations:* A woman claims to be Standing's daughter.
11.20 **Silent Witness**
1.35 AM **Waiting for God**
2.25 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

WEDNESDAY Entertainment

Wednesday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Kent.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Bidding Room**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A mantle clock.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes to the Dress: UK** Reality series.
4.00 **Animal Cops Phoenix**
5.00 **Saving Lives at Sea**
6.00 **The Yorkshire Auction House** A collection of radio equipment.
7.00 **Antiques Road Trip**
9.00 **The Bad Skin Clinic**
10.00 **Dr Pimple Popper**
11.00 **Ghost Adventures**
12.00 M'T **Help! My House Is Haunted**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Phoenix**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Pointless Celebrities**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** David Coulthard, Mark Webber, Allan McNish, Nigel Mansell, Christian Horner and Suzi Perry take part in the quiz.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

6.00 AM **M*A*S*H** (S7)
7.00 **Wild West Chronicles**
7.30 FILM **100 Degrees Below Zero** Disaster movie. (2013, 12) ★
9.10 **War Machines**
10.15 **Luftwaffe: The Eagle Strikes** Documentary.
11.30 **M*A*S*H** (S7)
12.30 PM **Wild West Chronicles**
1.00 FILM **They Rode West** Western. (1954, U) ★★
2.45 FILM **The Pathfinder** Western. (1953, U) ★★
4.35 FILM **Sahara** Drama. (1943, b/w, PG) ★★★
6.50 **Pompeii** 1/2. (S1)
9.00 FILM **In Hell** Thriller. (2003, 18, 93min) ★★
11.05 FILM **I Am Wrath** Thriller. (2016, 15) ★★
1.00 AM FILM **Assault on Station 33** Thriller. (2021, 15, 90min) ★★
3.00 **to 4.00** AM **War in the Pacific**
+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **Last Scene Alive: An Aurora Teagarden Mystery** Drama. (2018, PG) ★★
11.00 FILM **Wall of Secrets** Thriller. (2003, PG) ★★
1.00 PM FILM **Hacker** Thriller. (2018, 90min) ★★
3.00 FILM **Meteor Apocalypse** Thriller. (2010, 15, 90min) ★
4.45 FILM **To Sir, with Love** Drama. (1966, PG, 105min) ★★
7.00 FILM **Push** Sci-fi thriller. (2008, 12, 111min) ★
9.00 FILM **The Punisher** Comic-book thriller. (2004, 18, 123min) ★
11.25 FILM **13** Thriller remake. (2010, 15, 87min) ★★
1.15 AM FILM **Mother Lode** Adventure. (1982, 15, 101min) ★★
3.30 **to 6.00** AM FILM **What's Eating Gilbert Grape** Drama. (1993, 15, 113min) ★★★
+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM FILM **Ms. Matched** Drama. (2016, PG) ★★
8.00 FILM **I Me Wed** Comedy. (2007, PG, 90min) ★★
10.00 FILM **Seasoned With Love** (2021, PG) ★★
12.00 NOON FILM **Love, of Course** (2018, PG) ★★
2.00 PM FILM **The Perfect Bride** (2017, PG) ★★
4.00 FILM **Perfect Bride: Wedding Bells** Drama. (2018, PG, 84min) ★★
6.00 FILM **The Wedding Arrangement** Drama. (2022, PG, 90min) ★★
8.00 FILM **You May Kiss the Bridesmaid** Comedy. (2021, PG, 90min) ★★
10.00 FILM **Starting Up Love** Romantic comedy. (2019, PG, 77min) ★★
12.05 AM FILM **In the Key of Love** (2019, PG) ★★
1.35 FILM **Lead with Your Heart** (2015, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**
+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 16/25. (S2)
9.00 **The Prisoner** 3/17. (S1)
10.00 **Star Trek: Deep Space Nine** 19/20. (S1)
11.00 FILM **Independents' Day** (2016, PG) ★★
12.50 PM **Legend Lowdown**
1.00 FILM **G-Loc** Sci-fi thriller. (2020, 12) ★★
2.50 **Legend Lowdown**
3.00 FILM **Taggart** Western. (1965, PG, 85min) ★★
4.50 **Legend Lowdown**
5.00 **Star Trek** 7/30. (S1)
6.00 **Star Trek: Deep Space Nine** 20/20. (S1)
7.00 **The Prisoner** 4/17. (S1)
8.00 **Walker, Texas Ranger**
9.00 FILM **Last Passenger** Action thriller. (2011, 15, 95min) ★★★
10.55 FILM **Matriarch** Horror. (2018, 15, 91min) ★★
12.45 AM FILM **Ghosts of War** (2020, 18) ★★★
2.40 **to 4.30** AM FILM **Fright Fest** Horror. (2018, 15, 90min) ★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Buying Alaska**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Buying Alaska**
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch**
9.00 **Restoration Road with Clint Harp** New edition A home in Connecticut is turned into a retreat.
10.00 **Farmhouse Fixer**
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
2.00 AM **Teleshopping**
4.00 **Tanked** With DJ Ashba.
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 258 369

Food Network
140 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Valerie's Home Cooking**
9.00 **The Kitchen** New edition
10.00 **Mediterranean Feast**
11.00 **American Feast**
12.00 NOON **Great British...**
2.00 PM **James Martin's French Adventure**
3.00 **Hairy Bikers' Meals on Wheels**
4.00 **Valerie's Home Cooking**
5.00 **Barefoot Contessa**
6.00 **Guy's Grocery Games**
7.00 **Great British Bake Off**
8.00 **American Feast**
9.00 **James Martin's...**
10.00 **Hairy Bikers' Meals...**
11.00 **Beat Bobby Flay: Holiday Throwdown** New editions Double bill.
12.00 M'T NEW SERIES **Guy's Grocery Games**
1.00 AM **Restaurant: Impossible** A BBQ joint.
2.00 **to 3.00** AM **Asian Baking Adventure**
+1 hour 240 149

Comedy Central
112/113 132 345 360

8.00 AM **Guessable?**
9.00 **Becker** 20-23/24. (S4)
11.00 **The Middle** (S6)
1.00 PM **Friends** (S5&6)
7.00 **Friends** 12/25. Joey takes a job as a waiter. **7.30** 13/25. Reese Witherspoon guest stars. **8.00** 14/25. Phoebe is mistaken for a porn star. **8.30** 15/25. The goup of friends ponder what might have been. (S6)
9.00 **Russell Brand in New York** The flamboyant funnyman shares the pros and cons of fame.
10.00 **Jack Whitehall Gets Around** A performance at Wembley Arena.
12.00 M'T **Criminally Funny**
1.00 AM **South Park** (S11)
2.30 **Bob's Burgers** (S11)
3.00 **Key & Peele**
3.25 **Russell Brand in New York** As 9.00pm.
4.10 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Takeshi's Castle**
10.00 **Most Ridiculous: Workers** Comedy clips.
10.30 **Most Ridiculous: Action Heroes**
11.00 **Friends** 9-12/24. (S9)
1.00 PM **Impractical Jokers**
4.00 **The Middle** (S9)
7.00 **Becker** 20/24. John advises a woman on sex. **7.30** 21/24. John's laundry is tampered with. **8.00** 22/24. A patient gives Becker steaks. **8.30** 23/24. Linda subcontracts her job for a week. (S4)
9.00 **Friends** 6&7/24. (S5)
10.00 **South Park** Six episodes.
1.00 AM **The Middle** (S9)
2.00 **Criminally Funny**
3.00 **Michael McIntyre: Showtime** Stand-up.
3.55 **Drunk History**
4.20 **Ren & Stimpy Show**
5.10 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **Ancient Aliens**
8.40 **Evidence of the Unexplained**
9.40 **Curse of Skinwalker Ranch** Documentary.
10.40 **Curse of Oak Island**
11.40 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Evidence of the...**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Weird or What? with William Shatner**
10.00 **Paranormal: Caught on Camera**
11.00 **Evil Encounters**
12.00 M'T **The Curse of Oak Island** Documentary.
1.00 AM **Evidence of the...**
2.00 **Alone** Reality series.
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Auction Hunters**
5.00 **to 6.00** AM **Pawn Stars**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Eggheads**
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Walking Tudor England** In East Anglia.
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild**
5.00 **Inside the Tower of London** Documentary.
6.00 **Walking Wartime Britain** In Liverpool.
7.00 **The Blitz: Britain on Fire** Morale in the Blitz.
8.00 **Tyrant: The Rise of Adolf Hitler** Hitler turns his attention to Poland.
9.00 **Russia: A Thousand Years of History**
11.00 **Air Crash: Disaster Revealed** Documentary.
12.05 AM **Forged in Fire**
1.55 **Inside the Tower of London** Documentary.
3.00 **Dinosaur with Stephen Fry** Cretaceous period.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **The Woodland Workshop** A bird table.
8.00 **Building the Dream**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Building the Dream**
4.00 **Escape to the Country**
5.00 **The Woodland Workshop** A bird table.
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
9.00 **Brother v Brother**
10.00 **Home Town** New edition Two new home options.
11.00 **Good Bones**
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **The Woodland Workshop** A bird table.
2.00 **House Hunters** New editions Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Donal MacIntyre's Murder Files**
12.00 NOON **The Fugitive** (S3)
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** The hunt for a Philadelphia rapist. **3.30** A family contract deadly illnesses. **4.00** A surgeon is found murdered. **4.30** Police suspect a woman of murdering her own husband.
5.00 **The Fugitive** *In a Plain Paper Wrapper:* 29/30. Richard Kimble dates a waitress. (S3)
6.00 **Donal MacIntyre's Murder Files**
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Donal MacIntyre's Murder Files**
2.00 **The Fugitive** As 5pm.
3.00 **Fatal Vows**
4.55 **to 6.00** AM **Medical Detectives**

TLC
133 133 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints** Documentary.
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **I Love a Mama's Boy**
8.00 **Love After Lock Up**
9.00 **Long Island Medium**
10.00 **Sister Wives**
11.00 **Addicted to Marriage**
12.00 M'T **Body Bizarre**
1.00 AM **My Strange Addiction** Double bill.
2.00 **Sister Wives**
3.00 **Addicted to Marriage**
4.00 **Love After Lock Up**
5.00 **to 6.00** AM **Long Island Medium**
+1 hour 233 365

HorrorXtra
317 171 69 138

8.00 AM FILM **2012: Supernova** Adventure. (2009, 12, 87min) ★★
10.00 **Mutant X** As 3pm.
11.00 FILM **Solar Attack** Sci-fi adventure. (2005, PG, 90min) ★★
1.00 PM FILM **The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
3.00 **Mutant X** 22/22. (S3)
4.00 **Battlestar Galactica**
5.00 FILM **Journey to the Center of the Earth** Fantasy adventure. (2008, 12, 87min) ★
7.00 **Farscape** 1/22. (S1)
8.00 **Battlestar Galactica**
9.00 FILM **Jack's Back** Thriller starring Cynthia Gibb and James Spader. (1988, 18, 93min) ★★
11.00 FILM **Peripheral** Horror with Hannah Arterton. (2018, 18, 90min) ★★
1.00 **to 3.00** AM FILM **Jack's Back**
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Sun, Sea and A&E**
11.00 **Paramedics Australia**
12.00 NOON **Highway Cops**
1.00 PM **Send in the Dogs**
2.00 **Most Haunted**
4.00 **Warehouse 13** (S1)
6.00 **Supergirl** (S3)
8.00 **Paramedics Australia** Cam is confronted.
9.00 **Wolfe** 4/6. A colossal fatberg holds the remains of a seemingly sadistic ritual killing. (S1)
10.00 **Road Wars**
11.00 **Rob & Romesh vs Crufts** Reality series.
12.00 M'T **Brit Cops: Rapid Response** Documentary.
1.00 AM **Motorway Patrol**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** With Miranda Hart.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

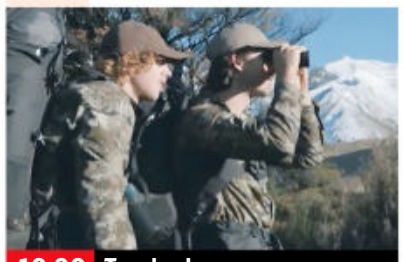
7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Hollywood Medium with Tyler Henry**
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take New York**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Double bill.
9.00 **Keeping Up with the Kardashians** Kim preps for the launch of her new KKW beauty line. **10.00** Kim learns more about the rising rate of homelessness in LA.
11.00 **Hollywood Medium with Tyler Henry**
12.00 M'T **Dr 90210**
1.00 AM **Rich Kids of Beverly Hills**
2.00 **Teleshopping**
3.00 **Giuliana and Bill**
4.00 **to 5.00** AM **Very Cavallari**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Building Off the Grid**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Gold Rush: White Water**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers** Mike gets a Porsche 997 at a bargain price of £15,000.
6.00 **Diesel Brothers** The DieselSellerz race to finish their monster mud truck.



10.00 Tracked

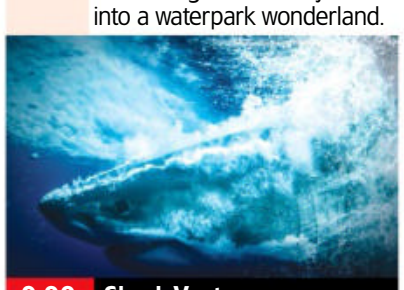
7.00 **Street Outlaws** The racers must match up and race on the second night of Cash Days.
8.00 **Alaska: The Last Frontier** Kilcher road is threatened by a dangerous flood, and Atz Sr recovers from surgery
9.00 **Deadliest Catch** New edition Alaskan crab fisherman brave the waves of the Bering Sea in search of king crabs.
10.00 **Tracked** New edition Team Blue face intense pressure as they are strategically targeted by the remaining teams.
11.00 **Naked and Afraid XL** Twelve survivalists enter a punishing African location for their 40-day challenge where they encounter deadly crocodiles.
1.00 AM **Deadliest Catch** As 9pm.
2.00 **Tracked** As shown at 10pm.
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 377

Animal Planet

162 178

8.00 AM **Insane Pools: Off the Deep End** A tiny pool.
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Crikey! It's the Irwins**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** A dog is rushed to the clinic after being hit by a car.
6.00 **Insane Pools: Off the Deep End** A neglected backyard into a waterpark wonderland.



9.00 Shark Vortex

7.00 **Amanda to the Rescue** Amanda rescues a three-legged shepherd-mix as part of a road trip rescue mission.
8.00 **Sharks of the Badlands** Greg Skomal joins Kina Scollay to test new technology for shark detecting surveillance.
9.00 **Shark Vortex** Looking at the arrival of 30 species of shark to the waters of southern New England every summer.
10.00 **Alaska: The Last Frontier** Reality series following the lives of family the Kilchers.
11.00 **The Aquarium** A sea lion has stomach trouble. **12.00** M'T The aquarium monitor beluga whale activity.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262 378

Nat Geographic

129 129 825 183

8.00 AM **Abandoned**
8.30 **Made in a Day**
9.00 **Air Crash Investigation: Special Report**
10.00 **Europe from Above**
11.00 **Ultimate Airport Dubai**
12.00 NOON **Car S.O.S**
1.00 PM **To Catch a Smuggler**
2.00 **Air Crash Investigation**
3.00 **Shipwreck Graveyard**
4.00 **The Truth Behind**
5.00 **China's Mystery Mummies** European-looking mummies.
6.00 **Lost Treasures of Egypt** The queens of ancient Egypt.

10.00 Kingdom of the Mummies

7.00 **Air Crash Investigation** Experts investigate why Alitalia Flight 404, which crashed into a hill, was flying so low.
8.00 **Lost Tombs of the Pyramids** An elite team of archaeologists embark on an extraordinary excavation.
9.00 **Bloody Tales of the Tower** Exploring the deaths of Anne Boleyn, Catherine Howard and Lady Arabella Stuart.
10.00 **Kingdom of the Mummies** Dr Ramadan Hussein examines a 12-tonne sarcophagus with its seal broken.
11.00 **Air Crash Investigation**
12.00 M'T **Airport Security**
1.00 AM **Banged Up Abroad**
2.00 **Lords of War** Double bill.
2.55 **Made in a Day**
3.20 **Food Factory**
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229 383

Sky History

123 123 821 133 353 368

6.00 AM **Forged in Fire**
7.00 **Salvage Kings**
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **Ancient Aliens**
11.00 **Craig Charles: UFO Conspiracies** An alien abduction reported in 1980.
12.00 NOON **River Hunters**
1.00 PM **Salvage Kings**
2.00 **What on Earth?**
4.00 **The Liquidator**
5.00 **Pawn Stars** Double bill.
6.00 **American Pickers** An impressive Nashville collection.

10.00 Empire Builders

7.00 **Forged in Fire** Bladesmiths recreate a legendary weapon – Attila the Hun's Sword of Mars.
8.00 **Swamp People: Serpent Invasion** New edition Pickle seeks validation from Troy on her tracking skills.
9.00 **Cursed Treasures** New edition A look at the curses surrounding the Turin Shroud and the Cave of Altamira.
10.00 **Empire Builders** New edition A look at how the 80 Years' War left the Spanish Empire financially ruined.
11.00 **Strange Evidence** A dashcam captures a creature stalking Georgia's ancient forests.
12.00 M'T **Pawn Stars** Double bill.
1.00 AM **Swamp People: Serpent Invasion** As shown at 8pm.
2.00 **Secret Restoration**
3.00 **What on Earth?**
5.00 **to 6.00** AM **The Liquidator**

+1 hour 223 333

Yesterday

155 155 846 129 27 159

6.10 AM **Secrets of the Transport Museum** Double bill.
8.00 **Abandoned Engineering**
10.00 **War Factories**
11.00 **The World at War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Travel Man: 48 Hours in Miami** With Rhod Gilbert.
1.30 **Travel Man: 48 Hours in Tenerife** With Lena Dunham.
2.00 **Bangers & Cash** Double bill.
4.00 **The World at War**
5.00 **War Factories**
6.00 **How to Build a Motor Car**

8.30 Villages by the Sea

7 PM

7.00 **Bangers & Cash** The team have a record number of cars to auction, but Derek finds room for an AC Cobra.

8 PM

8.00 **Canal Boat Diaries** From Marple to Huddersfield.
8.30 **Villages by the Sea** Robin Hood's Bay on the North Yorkshire coast.

9 PM

9.00 **Great Indian Railway Journeys** Michael travels from Mysuru to the first stronghold of the East India Company.

10 PM

10.00 **Bangers & Cash** Derek collects a Jaguar Mark 2 and explains why they made such poor getaway cars.
11.00 **Abandoned Engineering** A decrepit Liberian landmark with American origins.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Secrets of the Transport Museum** Documentary.
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Supertruckers**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A rocking horse.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters** Double bill.
10.00 **World's Greatest Motorcycle Rides** Henry Cole potters through the Scottish Highlands on his Honda Africa Twin.
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Massive Engineering Mistakes** Documentary.
2.00 **Supertruckers**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Disappeared** Kortne Stouffer.
11.00 **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **Disappeared**
3.00 **Who the (Bleep) Did I Marry?**
3.30 **Who the Hell**
4.00 **Crimes Gone Viral**
5.00 **Say Yes to the Dress**
6.00 **Say Yes to the Dress: Lancashire** Reality series.
7.00 **Long Lost Family** Twin sisters hope to track down their younger twin brothers.
8.00 **Murder Under the Friday Night Lights** NFL player and former high school football star Darrent Williams is shot dead.
9.00 **Murder on CCTV** An innocent woman shot in broad daylight.
10.00 **American Monster**
11.00 **The Devil Speaks**
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** Police use new technology to solve a murder of a college student. **7.30** Officers are baffled by a businessman's murder.
8.00 **See No Evil** Security cameras may provide police with the evidence they need to find out who murdered Jessika Kalaher.
9.00 **Crimes That Shook Australia** Exploring the story of John Bunting and his associates, who carried out 12 slayings. **10.00** The story of Canberra law student who laced her boyfriend's coffee with heroin and rohypnol, then watched him die over 36 hours.
11.00 **To Catch a Killer** Unsolved murders in the Toronto area.
12.00 M'T **Cold Justice**
1.00 AM **Crimes That Shook Australia** As 9pm & 10pm.
3.00 **See No Evil** As shown at 8pm.
3.50 **Medical Detectives**
4.15 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Forensics: Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **When Life Means Life**
6.00 **Forensics: Catching the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Murdered at First Sight** New edition Lauren Landavazo.
10.00 **Killer in My Village**
12.00 M'T **World's Most Evil Killers**
1.00 AM **Murders That Shocked the Nation** Documentary.
2.00 **NEW SERIES The Torso Killer** How detectives tied Richard Cottingham to murders.
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 321

PBS America

174 187 84 155

8.00 AM **The Ottoman Empire**
9.25 **1066: A Year to Conquer England** As 7.10pm.
10.40 **NEW The Long Road to War** Analysis of the events that led to World War One, and how they have triggered every major conflict since.
11.55 **Project Nazi**
1.00 PM **The Ottoman Empire**
2.15 **1066: A Year to Conquer England** As 7.10pm.
3.30 **The Long Road to War**
4.45 **Project Nazi**
5.55 **The Ottoman Empire** The slow decline of the Ottoman Empire in the face of Russian expansion.
7.10 **1066: A Year to Conquer England** Duke William leads his fleet across the Channel.
8.20 **The Long Road to War**
9.35 **Project Nazi** The V2 ballistic missile, part of the Wunderwaffe, or 'miracle weapons', in which Hitler placed his faith.
10.45 **1066: A Year to Conquer England** As 7.10pm.
12.00 M'T **The Long Road to War**
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

WEDNESDAY

Wednesday

Sky Documentaries

121 121 819 188 352 367

6.00 AM **Fish Town**
7.00 **Discovering: Jeff Bridges**
8.00 **The Directors** Milos Forman.
9.00 **The 2000s**
10.00 **Exterminate All the Brutes**
11.10 **The Movies**
12.00 NOON **LFG** Documentary.
2.00 PM **Lionesses: How Football Came Home**
3.40 **My Icon: Rachel Yankey**
4.00 **The Directors** Milos Forman.
5.00 **Discovering: Jeff Bridges**
6.00 **The 2000s**
7.00 **Gaming Wall St**
8.05 **The Movies**
9.00 **The Good Fight Club**
10.00 **Alexia: Labor Omnia Vincit** New edition 2/3. In 2021, Barcelona footballer Alexia Putellas becomes a global icon, winning the Ballon d'Or award.
11.00 **Angel City** Series finale The team fights for a play-off spot.
12.10 AM **The Go-Go's**
2.10 **Yusuf Hawkins: Storm Over Brooklyn** Documentary.
4.10 **The Directors** Milos Forman.
5.05 **to 6.00** AM **Discovering**

Sky Nature

124 124 822 189 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Secret Life of the Kangaroo**
9.00 **A Wild Year on Earth**
10.00 **Great Blue Wild**
11.00 **Mysteries of the Mekong**
12.00 NOON **Guardians of the Wild**
1.00 PM **Monkey Life**
2.00 **Secret Life of the Kangaroo**
3.00 **A Wild Year on Earth**
4.00 **Great Blue Wild**
5.00 **Mysteries of the Mekong**
6.00 **Guardians of the Wild**
7.00 **Monkey Life** The team are forced to step in when Ben is injured by the alpha male during the chimp introduction.
8.00 **Brazil Untamed**
9.00 **Africa's Hidden Kingdoms**
10.00 **Mysteries of the Mekong**
11.00 **Guardians of the Wild**
12.00 M'T **Secrets of Wild Australia**
1.00 AM **Extreme Africa**
2.00 **Brazil Untamed**
3.00 **Africa's Hidden Kingdoms**
4.00 **Secret Life of the Kangaroo**
5.00 **to 6.00** AM **A Wild Year on Earth**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Auction Hunters**
9.00 **Alien Files: Unsealed**
10.00 **Strangest Things**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Walking Through History**
3.00 **Hero Ships** The *USS Yorktown*.
4.00 **Alien Files: Unsealed**
5.00 **Secrets in the Ice**
6.00 **Ancient Superstructures**
7.00 **Treasures Decoded** The golden city of El Dorado.
8.00 **History's Greatest Aircraft** The story behind wooden aircraft the Mosquito.
9.00 **Instruments of Death** The Battle of Hastings in 1066.
10.00 **Inside the Tower of London** Cameras follow a new recruit.
11.00 **Alien Files: Unsealed** Whether aliens would need a spacesuit to visit Earth. **11.30** The increase in reports of UFO sightings in 1952.
12.00 M'T **Ancient Aliens**
2.00 AM **Rust Valley Restorers**
3.00 **Instruments of Death**
4.00 **to 6.00** AM **Walking Through History**

Crime+Investigation

156 156 837 131

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Sunshine Slayings**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Orange County** Documentary.
2.00 **Murdered by Morning**
3.00 **Snapped Behind Bars**
4.00 **Robbie Coltrane's Critical Evidence** Joe Kappen.
5.00 **Homicide Hunter**
6.00 **The First 48** Double bill.
8.00 **Sunshine Slayings** New edition
9.00 **I Am a Stalker**
10.00 **Ivan Milat: Backpacker Murderer** Documentary.
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Robbie Coltrane's Critical Evidence** Joe Kappen.
2.00 **Snapped Behind Bars**
3.00 **Murdered by Morning**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **The Real Murders of Orange County**

+1 hour 256 331

WILD

165 165 841 182

8.00 AM **Bizarre Animal Friends**
9.00 **Wild Japan** Documentary.
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **When Sharks Attack**
3.00 **Hostile Planet**
4.00 **Secrets of the Zoo**
5.00 **Fish Tank Kings**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa**
8.00 NEW **Sharks Vs Dolphins: Bahamas Battleground** Scientists try to determine which of three species of shark are prone to attacking dolphins.
9.00 **Jaws Vs Boats**
10.00 **The Croc that Ate Jaws: Ancient Enemies** Battles between sharks and crocodiles.
11.00 **Shark Attack Files**
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Wild Russia: Earth's Last Great Wilderness**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers**
7.00 **Wings of War**
8.00 **Unsolved History**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
11.00 **How the Universe Works**
12.00 NOON **Mysteries at the Castle**
1.00 PM **Combat Dealers**
2.00 **Devonport: Inside the Royal Navy** Life on *HMS Ocean*.
3.00 **Blowing Up History**
4.00 **The Alaska Triangle**
5.00 **Unsolved History**
6.00 **Mysteries at the Castle**
7.00 **Expedition Unknown**
8.00 **Combat Dealers** Bruce and his team, buy, repair and sell World War Two military gear.
9.00 **Blowing Up History**
10.00 **Salvage Hunters** Drew visits a Devon salvage yard.
11.00 **Shed and Buried**
12.00 M'T **Combat Dealers**
2.00 AM **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Africa From Above**
10.00 **Conquerors** As 9.00pm.
11.00 **The Zoo** Double bill of editions.
12.00 NOON **The Life of Birds**
2.00 PM **Africa From Above**
3.00 **Impossible Engineering**
5.00 **Conquerors** As 9.00pm.
6.00 **The Zoo** Double bill of editions.
7.00 **The Life of Birds** How birds solve parenthood problems.
8.00 **Impossible Engineering**
9.00 **Conquerors** Documentary looking at the lionfish.
10.00 **The Zoo** Gerry travels to India to witness the zoo's elephant conservation projects in action. **11.00** Gerry visits an elephant conservation project supported by Dublin Zoo in India.
11.00 **The Life of Birds**
12.00 M'T **Impossible Engineering**
1.00 AM **Africa From Above**
2.00 **Conquerors** As 9.00pm.
3.00 **The Zoo** Double bill of editions.
3.50 **Africa From Above**
4.40 **Conquerors** As 9.00pm.
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Southern Fried Homicide**
6.00 **Forensic Detectives**
8.00 **Still a Mystery** The deaths of two female TV anchors.
9.00 **Faking It: Tears of a Crime** The deaths of Holly Wells and Jessica Chapman.
10.00 **Crime Scene Confidential** A woman is found lying on the ground beneath her balcony with fatal head injuries. **11.00** A family man falls dead.
12.00 M'T **Still a Mystery**
1.00 AM **Betrayed**
2.00 **The 1980s: The Deadliest Decade** Linda Culbertson.
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Scrap Kings**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Wheeler Dealers**
9.00 **Mega Shippers**
10.00 **Garage Squad**
11.00 **Junkyard Empire**
12.00 NOON **Chasing Classic Cars**
1.00 PM **Fifth Gear**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Arctic Ice Railroad**
5.00 **Outback Truckers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Wheeler Dealers**
8.00 **Arctic Ice Railroad** The Polar Bear Express battles extreme weather to reach Moosonee.
9.00 **Garage Squad** The team fix a family man's 1989 Camaro RS.
10.00 **Demolition Down Under**
11.00 **Mega Shippers**
12.00 M'T **Arctic Ice Railroad**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud Revved Up**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **Seriously Red** (2022)
8.10 **The Locksmith** As 10.15pm.
9.55 **The Woman King** (2022)
12.20 PM **Breaking Point** Drama. (2023, 12, 102min) ★★★
2.05 **Armageddon Time** (2022)
4.05 **Seriously Red** Romantic comedy starring Krew Boylan. (2022, 15, 104min) ★★★
5.55 **Don't Worry Darling** Thriller starring Florence Pugh, Harry Styles and Chris Pine. (2022, 15, 123min) ★★★

5.55 Don't Worry Darling

8.00 **Armageddon Time** Drama starring Banks Repeta, Jaylin Webb and Anne Hathaway. A friendship between two students is tested by prejudices in 1980s New York. (2022, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Locksmith** Mystery drama starring Ryan Phillippe, Kate Bosworth and Ving Rhames. A former criminal is forced to use his skills as a gifted locksmith. (2022, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Woman King** Drama. (2022, 15, 135min) ★★★★
2.35 **Sky Cinema Preview**
3.35 **It Is In Us All** Drama. (2022, 15, 92min) ★★★
5.25 **to 6.10** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Screen Queens

303 303 403 503 517

7.00 AM **Where the Crawdads Sing** Drama. (2022, 15) ★★★
9.20 **Promising Young Woman**
11.30 **Batman Returns** Adventure sequel with Michael Keaton. (1992, 12, 121min) ★★★★
1.50 PM **Suicide Squad** Fantasy. (2016, 15, 123min) ★★★
4.05 **Gunpowder Milkshake** Thriller starring Karen Gillan. (2021, 15, 114min) ★★★
6.10 **First Wives Club** Comedy. (1996, PG, 102min) ★★★

6.10 The First Wives Club

8.00 **Erin Brockovich** Drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. With Albert Finney and Aaron Eckhart. (2000, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Fatal Attraction** Director Adrian Lyne's thriller about a married man whose one-night stand won't leave him alone. Stars Michael Douglas, Glenn Close and Anne Archer. (1987, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Promising Young Woman** Crime thriller. (2020, 15, 113min) ★★★★
2.30 **Scream** Horror thriller sequel. (2022, 18, 114min) ★★★★
4.35 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.50 AM **Summit Fever** Thriller. (2022, 15, 115min) ★★
8.50 **The Impossible** As 12.15am.
10.55 **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
1.00 PM **A Few Good Men** Crime drama starring Tom Cruise. (1992, 15, 132min) ★★★★
3.25 **Philadelphia** Oscar-winning drama starring Tom Hanks. (1993, 12, 122min) ★★★
5.35 **Coach Carter** Sports drama. (2004, 12, 136min) ★★★
8.00 **The Fighter** Boxing drama starring Mark Wahlberg. (2010, 15, 116min) ★★★★
10.10 **Monster's Ball** Drama starring Halle Berry as a widow who forms a relationship with a prison warden who was involved with her husband's execution. (2002, 15, 111min) ★★★★
12.15 AM **The Impossible** Disaster movie starring Naomi Watts. (2012, 12, 114min) ★★★★
2.25 **Fear and Loathing in Aspen** Drama starring Jay Bulger. (2020, 15, 85min) ★★★★
4.00 **Sundown** Drama with Tim Roth. (2021, 15, 82min) ★★★★
5.40 **to 7.45** AM **20th Century Women** Comedy drama. (2016, 15, 119min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.30 AM **Moonshot** Sci-fi comedy. (2022, 12, 100min) ★★
8.20 **Snatchers** Comedy horror. (2019, 15, 96min) ★★★
10.10 **The Mortal Instruments: City of Bones** Fantasy adventure. (2013, 12, 127min) ★★★
12.30 PM **Paranormal Activity** Horror. (2007, 15, 86min) ★★★
2.10 **Insidious** Supernatural thriller. (2010, 15, 103min) ★★★★
4.10 **Insidious: Chapter 2** Thriller sequel starring Patrick Wilson. (2013, 15, 103min) ★★★
6.10 **Insidious: Chapter 3** Horror prequel starring Dermot Mulroney and Stefanie Scott. (2015, 15, 97min) ★★★
8.00 **The Matrix** Sci-fi action thriller starring Keanu Reeves and Laurence Fishburne. (1999, 15, 136min) ★★★★
10.20 **The Matrix Reloaded** Thriller sequel starring Keanu Reeves. (2003, 15, 137min) ★★★★
12.40 AM **The Matrix Revolutions** Sci-fi action thriller sequel. (2003, 15, 129min) ★★★
2.50 **The Matrix: Resurrections** Sci-fi action thriller sequel. (2021, 15, 148min) ★★★
5.20 **to 6.20** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.25 AM **Bandslam** As 1.15am.
8.25 **Nanny McPhee & The Big Bang** (2010, U) ★★★
10.15 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
12.00 NOON **The Karate Kid Part II**
2.00 PM **The Cinema List**
2.25 **Smurfs: Lost Village** (2017)
4.00 **Alvin and the Chipmunks** Comedy. (2007, U) ★★★
5.45 **Spy Kids 3: Game Over** Sci-fi sequel. (2003, U, 84min) ★★★
7.15 **Karate Kid: Part III** (1989) ★

4.00 Alvin and the Chipmunks

The Karate Kid: Part III (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Host** Romantic sci-fi thriller starring Saoirse Ronan, Jake Abel and Max Irons. A teenage girl rebels against the alien race colonising Earth, and resists the alien soul that now possesses her body. (2013, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Tiger Rising** Family drama starring Dennis Quaid, Queen Latifah, Christian Convery and Madalen Mills. (2022, PG, 102min) ★★★
1.15 AM **Bandslam** Comedy drama starring Gaelan Alexander Connell, Alyson Michalka and Vanessa Hudgens. (2009, PG, 110min) ★★★
3.15 **Smurfs: Lost Village** (2017)
4.50 **Sky Cinema Preview**
5.45 **to 7.40** AM **The Tiger Rising**

Sky Cinema Action

307 307 407 507 521

6.00 AM **Resident Evil: Damnation** Animation. (2012, 15) ★★★
7.45 **Fast & Furious Greatest Moments: Refuelled**
8.35 **Wrath of the Titans** (2012)
10.20 **Fast and the Furious: Tokyo Drift** Thriller. (2006, 12) ★★
12.10 PM **Resident Evil: Degeneration** (2008, 15) ★★
1.50 **xXx** Thriller. (2002, 12) ★★
4.00 **2 Guns** (2013, 15) ★★★
5.50 **Fast & Furious 5** Thriller sequel. (2011, 12) ★★★

5.50 Fast & Furious 5

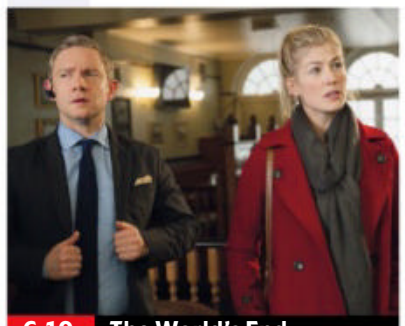
8.00 **Fast & Furious 6** Action thriller sequel starring Vin Diesel, Paul Walker and Dwayne Johnson. The gang of carjackers come out of retirement to stop a criminal mastermind from constructing a superweapon. (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Batman** Tim Burton's comic-book adventure starring Michael Keaton and Jack Nicholson. Gotham City's mysterious black-cloaked vigilante tackles a psychotic villain known as The Joker. With Kim Basinger. (1989, 15, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.20 AM **Bullet to the Head** Thriller starring Sung Kang. (2012, 15, 89min) ★★★
1.55 **Fast & Furious 6** As 8.00pm.
4.05 **Resident Evil: Degeneration**
5.45 **to 7.50** AM **xXx** As 1.50pm.

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **The Brady Bunch Movie**
8.40 **Friends with Benefits** (2011)
10.35 **50 First Dates** As 11.30pm.
12.20 PM **Hot Fuzz** Crime comedy. (2007, 15, 115min) ★★★★
2.25 **Ticket to Paradise** Comedy. (2022, 12, 104min) ★★
4.15 **Mamma Mia!** Musical comedy starring Pierce Brosnan. (2008, PG, 108min) ★★★★
6.10 **The World's End** Sci-fi action comedy starring Simon Pegg. (2013, 15, 109min) ★★★★★


6.10 The World's End

8.00 **Big Daddy** Comedy starring Adam Sandler as a law school graduate who adopts a boy to impress his girlfriend. With Joey Lauren Adams and Kristy Swanson. (1999, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Kinky Boots** Comedy starring Joel Edgerton, Chiwetel Ejiofor, Sarah-Jane Potts and Jemima Rooper. (2005, 12, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **50 First Dates** Romantic comedy starring Adam Sandler and Drew Barrymore. (2004, 12, 99min) ★★★
1.15 AM **Friends with Benefits** Comedy starring Justin Timberlake and Mila Kunis. (2011, 15, 105min) ★★★
3.15 **The Brady Bunch Movie** Comedy with Shelley Long. (1995, 12, 89min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Hounded** As 4.15am.
7.50 **Red Lights** Crime thriller. (2012, 15, 109min) ★★★
9.50 **The Dry** Crime drama. (2020, 15, 117min) ★★★★
11.50 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
1.50 PM **No Country for Old Men** Thriller. (2007, 15) ★★★★
3.55 **No Sudden Move** Drama. (2021, 15, 115min) ★★★★
5.55 **The Client** Crime thriller. (1994, 15, 121min) ★★★

10.15 Snitch

8.00 **Captain Phillips** Gripping fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Snitch** Action thriller starring Dwayne Johnson. A father attempts to infiltrate a violent drug cartel to keep his teenage son out of prison. With Barry Pepper. (2013, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM **Everest** Fact-based adventure with Jason Clarke. (2015, 12, 121min) ★★★★
2.15 **Kiss the Girls** Crime thriller. (1997, 18, 115min) ★★★
4.15 **to 6.00** AM **Hounded** Horror. (2022, 15, 94min) ★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Duel at Silver Creek** Western with Audie Murphy. (1952, U, 77min) ★★
12.40 PM **Timberjack** Action drama. (1954, U, 94min) ★
2.30 **Footsteps in the Fog** Thriller. (1955, PG, 90min) ★★★
4.15 **Journey to the Centre of the Earth** Fantasy adventure. (1959, U, 132min) ★★★
6.55 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★

9.00 The Departed

Turner & Hooch (film started at 6.55pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Departed** Oscar-winning crime thriller starring Leonardo DiCaprio. An undercover cop who has infiltrated a Boston gang plays a deadly game of cat and mouse against a mole in the police force. (2006, 18, 151min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Lighthouse** Thriller starring Robert Pattinson and Willem Dafoe. Two 19th century lighthouse keepers try to stay sane while living on a remote island. (2019, b/w, 15, 109min) ★★★★ **10 PM**
2.10 **to 4.00** AM **The Autopsy of Jane Doe** Thriller starring Brian Cox and Emile Hirsch. (2016, 15, 86min) ★★★★ **11 PM**

+1 hour 314 430 47 301

Sky Cinema Blockbusters

302 302 402 502 516

6.15 AM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
8.15 **Terminator 2: Judgment Day** Sci-fi action thriller sequel. (1991, 15, 146min) ★★★★★
11.00 **The Lord of the Rings: The Return of the King** Adventure. (2003, 12, 201min) ★★★★★
2.20 PM **Ghostbusters** Comedy. (1984, 12, 105min) ★★★★

4.10 **The Smurfs** Family adventure. (2011, U, 103min) ★★
5.55 **Sonic the Hedgehog 2** Adventure comedy sequel. (2022, PG, 122min) ★★★
8.00 **Forrest Gump** Comedy starring Tom Hanks and Robin Wright. (1994, 12, 136min) ★★★★
10.25 **Angels & Demons** Thriller starring Tom Hanks. A professor must solve a series of riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★

12.45 AM **Sonic the Hedgehog 2**
2.50 **Liar Liar** Comedy starring Jim Carrey and Maura Tierney. (1997, 12, 86min) ★★★★
4.20 **to 6.00** AM **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. (1995, PG, 89min) ★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Control** Music biopic of Ian Curtis, lead singer of post-punk band Joy Division. (2007, b/w, 15, 116min) ★★★★★
8.05 **The Amazing Mr Blunden**
10.00 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
12.15 PM **The Fog** Horror chiller. (1979, 15, 90min) ★★★
1.50 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★

3.30 **Oh! What a Lovely War** Musical with Ralph Richardson. (1969, PG, 144min) ★★★★
6.00 **The King's Speech** Drama with Colin Firth, Geoffrey Rush and Helena Bonham Carter. (2010, 12, 118min) ★★★★★
8.00 **Legend** Ridley Scott's fantasy adventure starring Tom Cruise. (1985, PG, 94min) ★★★
9.45 **Risky Business** Comedy drama starring Tom Cruise, Rebecca De Mornay and Richard Masur. (1983, 18, 98min) ★★★★

11.35 **Grease 2** Musical sequel starring Michelle Pfeiffer. (1982, PG, 109min) ★★
1.45 AM **Serpico** Crime drama. (1973, 18, 130min) ★★★★
4.05 **to 6.00** AM **The Amazing Mr Blunden** Period ghost story. (1972, U, 95min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **LEGO DC Comics Super Heroes: Justice League – Gotham City Breakout**
7.30 **Tom and Jerry Cowboy Up!**
9.00 **The Cinema List: Adventure**
9.20 **Monster Family** (2017, PG) ★★
11.05 **Planet 51** (2009, U) ★★★
12.50 PM **Rock Dog 2: Rock Around the Park** (2021, U) ★★
2.35 **Lego DC Batman: Family Matters** (2019, U) ★★★

4.00 **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
5.40 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
7.20 **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
9.00 **Maya the Bee: The Golden Orb** Animated adventure. (2021, PG, 88min) ★★★
10.40 **LEGO DC Comics Super Heroes: Justice League – Gotham City Breakout** (2016, U) ★★★

12.05 AM **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
1.25 **Lego DC Batman: Family Matters** (2019, U) ★★★
2.50 **Sky Cinema Preview**
3.50 **Maya the Bee: Golden Orb**
5.25 **to 6.50** AM **Samsam** Animation. (2019, U, 77min) ★★★

Movies 24

325 419

7.00 AM **Making Spirits Bright** Drama. (2021, PG, 84min) ★★
9.00 **A Lot Like Christmas** Comedy. (2021, PG, 86min) ★★
11.00 **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
1.00 PM **Haul Out the Holly** Comedy starring Lacey Chabert. (2022, PG, 90min) ★★
3.00 **#Xmas** Comedy starring Clare Bowen. (2022, PG, 90min) ★★

5.00 **Sugar Plum Twist** Festive drama. (2021, PG, 90min) ★★
7.00 **Project Christmas Wish** Drama starring Amanda Schull. A woman who has played Santa to her small town's community finds her own wishes coming true. (2020, PG, 85min) ★★
9.00 **Christmas in New York** Drama starring Will Adams. A successful executive returns to the neighbourhood where she grew up and helps organise a party. (2021, PG, 84min) ★★

11.00 **My Christmas Wish** Romantic drama. (2020, PG, 84min) ★★
1.00 AM **Mistletoe Magic** Romantic drama. (2019, PG, 85min) ★★
3.00 **to 5.00** AM **A Holiday Spectacular** (2022, PG) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **The Detectives** (S3)
7.00 **Going Gay** Romantic musical. (1933, b/w, U, 78min) ★★
8.15 **The Hills of Donegal** Thriller. (1947, b/w, PG, 85min) ★★
10.00 **The Onedin Line** 14/14. (S2)
11.00 **Beat the Devil** Comedy thriller. (1953, b/w, U, 89min) ★★★
12.45 PM **Marked Men** Crime drama. (1940, PG, 64min) ★★
2.00 **Upstairs, Downstairs** (S4)

3.00 **Top of the Bill** Documentary.
4.00 **The Day the Earth Caught Fire** Thriller starring Janet Munro. (1961, b/w, PG, 99min) ★★★
6.00 **For the Love of Ada** (S1)
6.35 **Sherlock Holmes: Terror by Night** Mystery starring Basil Rathbone and Nigel Bruce. (1946, b/w, U, 60min) ★★
7.50 **Look at Life** Documentary.
8.00 **Public Eye** 4/7. (S4)
9.05 **Robbery** Thriller with Stanley Baker and Joanna Pettet. (1967, U, 114min) ★★★

11.25 **In Cold Blood** Crime drama starring Robert Blake. (1968, b/w, 15, 134min) ★★★★
2.10 AM **Masquerade** Spy comedy. (1965, PG, 101min) ★★★
4.15 **to 6.00** AM **Second Woman** Thriller starring Robert Young. (1951, b/w, PG, 91min) ★★

WEDNESDAY Sport

CHANNEL CHANGE TNT SPORTS
BT Sport has changed its name to TNT Sports

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **World Cup Breakfast** Headlines and stories surrounding the 2023 Women's World Cup.
8.00 **Good Morning Sports Fans**
8.30 **World Cup Breakfast**
9.00 **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
10.00 **LIVE The Ashes England v Australia.** Coverage of the first day of the fourth Test in the five-match series from Emirates Old Trafford, Manchester. The fourth Test of the 2019 Ashes was also played at this venue, as Australia retained the urn with a Test to spare. Steve Smith won player of the match with scores of 211 and 82 to help the visitors to victory, and ended their losing record in England that stretched back to 2005.
7.00 PM **LIVE World Matchplay Darts** Coverage of the fifth day of the tournament comes from Winter Gardens, Blackpool.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **Premier League Highlights**
10.00 **PL Retro** From 2016/17.
12.00 NOON **Gary Neville's Soccerbox** With Tony Adams.
12.30 PM **Gary Neville's Soccerbox**
1.00 **Premier League Years** A look back at the 1998/99 season.
3.00 **PL Greatest Games**
4.00 **Premier League Highlights**
5.00 **Premier League Review**
7.00 **Premier League Highlights**
8.00 **Premier League Stories**
8.30 **Gary Neville's Soccerbox**
9.00 **PL 100: Paul Scholes**
9.30 **PL 100: Jimmy Floyd Hasselbaink** Top-flight goals.
10.00 **Premier League Stories**
10.30 **PL Retro** Wigan Athletic v Arsenal from 2010.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2013/14**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2014/15 play-offs.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Retro** West Ham United v Blackpool from 2011/12.
12.00 NOON **EFL Cup Retro** Liverpool v Cardiff City in the 2012 final.
2.45 PM **EFL Greatest Games** Aston Villa v Sheffield United from the 2018/19 season.
3.00 **Championship Retro** Leeds United v Derby County.
5.00 **EFL Greatest Games** Leeds United v Derby County. **5.15** Action from Charlton Athletic v Doncaster Rovers.
5.30 **SPFL Greatest Games** Action from Kilmarnock v Celtic in the 2018/19 season.
6.00 **EFL Cup Retro** Aston Villa v Manchester Utd in the 2010 final.
8.00 **The Ashes** England v Australia.
9.00 **EFL Cup Retro** Chelsea v Manchester City in the 2019 final.
11.45 **EFL Greatest Games** West Bromwich Albion v Leeds United.
12.00 M'T **Championship Season Review 2015/16**
1.00 AM **EFL Cup Retro**
3.45 **EFL Greatest Games**
4.00 **to 6.00** AM **Retro League One**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Captain's Log**
7.00 **Women's Ashes**
10.00 **LIVE The Ashes England v Australia.** Coverage of the first day of the fourth Test in the five-match series from Emirates Old Trafford in Manchester.
7.00 PM **Secrets Of Success** Nasser Hussain meets some of the most successful leaders in sport.
7.30 **Ashes Memories** Charlotte Edwards shares her experiences of playing against Australia.
8.00 **The Ashes** England v Australia.
9.00 **Women's Ashes** Action from England v Australia in Bristol.
10.00 **The Ashes** England v Australia.
11.00 **The Ashes Bitesize** England v Australia on the first day of the fourth Test of the series.
11.15 **Ashes Memories** Charlotte Edwards shares her experiences of playing against Australia.
11.45 **The Ashes Bitesize** England v Australia on the first day of the fourth Test of the series.
12.00 M'T **Vitality T20 Blast Cricket** Birmingham Bears v Essex Eagles.
3.35 AM **Ashes Greats** From 2001.
4.00 **The Ashes** England v Australia.
5.00 **to 6.00** AM **Ashes Greats**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **The Open: Official Films**
8.00 **Ladies European Tour Golf**
9.00 **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
12.00 NOON **The Open** Preview of the Major at Royal Liverpool Golf Club, as today's leading stars prepare to emulate greats of the past by capturing one of the sport's most prestigious events.
2.00 PM **LIVE The Open** Coverage from the practice range ahead of the Major at Royal Liverpool Golf Club.
6.00 **Duel: Golf's Greatest Showdown** The 1977 Open.
7.00 **PGA Tour: The Cut**
7.30 **Challenge Tour Golf** Action from the Euram Bank Open.
8.00 **The Open Films: Woods 2000**
9.00 **The Open** A preview of the Major.
11.00 **1999: The Toughest Open**
12.00 M'T **Chronicles of a Champion Golfer** Profiles of leading players.
1.00 AM **The Open: Official Films**
2.00 **The Open Films: Woods 2005**
3.00 **The Open Films: Harrington 2007 & 2008**
5.00 **to 6.00** AM **The Open: Official Films**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **Ariel Helwani Meets**
7.00 **WWE Monday Night Raw**
9.30 **Ariel Helwani Meets**
10.30 **The Isuzu FA Trophy**
12.00 NOON **The Isuzu FA Vase**
1.30 PM **Vanarama National League** Chesterfield v Notts County.
3.00 **Vanarama National League North** Brackley Town v Kidderminster Harriers.
4.30 **Vanarama National League South** Oxford City v St Albans City in the play-off final.
6.00 **TNT Sports Reload**
6.30 **The WRC Magazine** The latest round of the season from Estonia.
7.00 **Premier League Review** Goals from the 2022/23 season.
8.00 **LIVE UEFA Champions League** Coverage of a qualifying encounter. Kick-off **8.00pm**.
10.00 **UFC** Recent action.
11.30 **LIVE MLB Philadelphia Phillies v Milwaukee Brewers.** Coverage of the National League match, which comes from Citizens Bank Park. Start-time **11.40pm**.
3.00 AM **MLB Plays of the Week**
3.30 **Rugby Stories**
4.00 **to 6.00** AM **V8 Supercars Highlights**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **AFL** A chance to see Carlton Blues v Port Adelaide Power. **8.00** A chance to see Geelong Cats v Essendon Bombers.
10.00 **Fishing: On the Bank**
11.00 **Test Cricket Highlights**
1.00 PM **Deaf Away Days**
1.15 **Badminton Weekly**
1.30 **AFL** A chance to see Carlton Blues v Port Adelaide Power. **3.30** A chance to see Geelong Cats v Essendon Bombers.
5.30 **MLB Plays of the Week** A look at the most exciting plays from the past week's matches.
6.00 **LIVE MLB Baltimore Orioles v Los Angeles Dodgers.** Coverage of the inter-league match comes from Camden Yards. Start-time **6.05pm**.
9.30 **TNT Sports Reload**
10.00 **Rugby Stories** Northampton Saints' appearance in the 1999/00 European Cup final.
10.30 **Deaf Away Days**
10.45 **Badminton** The US Open finals.
12.45 AM **Badminton Weekly**
1.00 **to 6.00** AM **LIVE Badminton** Coverage of the round of 16 at the Korea Open, at Yeosu Jinnam Stadium in Yeosu, South Korea.

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **UEFA Champions League** Action from qualifying matches.
9.00 **Serie A** Lazio v SC Napoli. **10.00** Sampdoria v AC Milan. **11.00** Juventus v Salernitana. **12.00** NOON Highlights from Udinese v Inter Milan.
1.00 PM **UEFA Europa League & Conference League Magazine** A review of the 2022/23 UEFA Europa League.
2.00 **UEFA Champions League** Action from qualifying matches.
5.00 **WWE SmackDown Highlights**
6.00 **WWE Raw Highlights** Recent wrestling action.
7.00 **UEFA Champions League Goals Show Retro** Newcastle United's 1997/98 Champions League clash with Barcelona.
8.00 **LIVE UEFA Champions League** Coverage of a qualifying match. Kick-off **8.00pm**.
10.00 **BT Sport Films: Bosman** The story of Jean-Marc Bosman.
11.00 **World Poker Tour Series** Action from the Baccarat Crystal Tournament of Champions.
1.00 AM **UEFA Champions League** Action from qualifying matches.
4.00 **to 6.00** AM **Classic Ligue 1**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Top Rank Boxing Archive**
7.00 **World Matchplay Darts**
12.00 NOON **NFL Highlights**
1.00 PM **Super Bowl LV Highlights**
3.00 **Top Rank Boxing Archive** Diego Corrales v Jose Luis Castillo. **4.15** Floyd Mayweather v Philip Ndou from 2003. **5.00** Marvin Hagler v Thomas Hearns from 1985.
5.30 **NFL Bitesize Highlights** Brief highlights of San Francisco 49ers v Seattle Seahawks. **5.45** Jacksonville Jaguars v Los Angeles Chargers. **6.00** Action from Buffalo Bills v Miami Dolphins. **6.15** Brief highlights of Minnesota Vikings v New York Giants. **6.30** Action from Cincinnati Bengals v Baltimore Ravens. **6.45** Action from Tampa Bay Buccaneers v Dallas Cowboys.
7.00 **LIVE World Matchplay Darts** Coverage of the fifth day of the tournament, which takes place at Winter Gardens, Blackpool.
12.00 M'T **Total Access** A round-up of the latest NFL news.
1.00 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **My Icon** Double bill.
8.00 **Ladies European Tour Golf**
9.00 **Women's Ashes** Action from England v Australia.
10.00 **State of Origin Rugby League**
12.00 NOON **World Matchplay Darts**
4.00 PM **Darts Gold**
5.00 **NFL Bitesize Highlights**
6.00 **Women's Ashes** Action from England v Australia.
7.00 **State of Origin Rugby League**
9.00 **The Ashes** England v Australia: Action from the first day of the fourth Test in the five-match series from Emirates Old Trafford.
10.00 **Women's Ashes** Action from England v Australia.
11.00 **The Ashes** England v Australia.
12.00 M'T **Betfred Super League Highlights** Top-flight action.
12.30 AM **Chronicles of a Champion Golfer**
1.00 **The Open – Official Films**
2.00 **Betfred Super League Highlights** Top-flight action.
2.30 **Women's Ashes**
3.30 **WNBA** Another chance to see New York Liberty v Seattle Storm.
5.30 **to 6.00** AM **NBA Basketball**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Test Cricket Highlights**
8.00 **WRC Review**
9.00 **Irish Rally Review**
10.00 **V8 Supercars Highlights**
12.00 NOON **Sign Up**
12.30 PM **MLB** A replay of Philadelphia Phillies v Milwaukee Brewers. **3.00** Los Angeles Angels v New York Yankees.
5.30 **Rio Ferdinand's Between the Lines** With Luka Modric.
6.00 **WSL Challenger Tour** Action from the Ballito Pro.
7.00 **Down the Clubhouse**
8.00 **Round 12: Tyson Fury Resurrection** Documentary.
8.30 **TNT Sports Reload**
9.00 **WWE NXT** Wrestling action.
10.45 **WWE Raw Highlights**
11.45 **What Went Down**
12.45 AM **UFC** Leon Edwards' story.
1.45 **UFC Reloaded**
4.15 **Fight Week**
4.45 **What I Wore** Michael Owen.
5.30 **to 6.00** AM **TNT Sports Reload**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Cycling** Tour de France.
7.30 **FIA World Endurance C'ship**
8.30 **Bennetts British Superbikes**
9.30 **Cycling: Tour de France**
10.30 **Tour de France: Breakaway**
11.00 **LIVE Cycling: Tour de France** Coverage of stage 17 of the race.
5.00 PM **Cycling: Desafio China by La Vuelta**
6.00 **The Power of Sport**
6.30 **Cycling: Tour de France Femmes** A look ahead.
7.00 **Climbing World Cup**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Sailing: The Ocean Race**
10.00 **Hall of Fame: Beijing 2008**
11.00 **Cycling: Tour de France**
12.00 M'T **Tour de France: Breakaway**
12.30 AM **The Power of Sport**
1.00 **British Speedway**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: Breakaway**
3.30 **The Power of Sport**
4.00 **to 6.00** AM **Highlights**

Eurosport 2

414 414 869 | 522 | 413 436

6.30 AM **Supercross**
7.30 **Playing Fields**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Motocross World C'ship**
10.00 **Formula E** Recent action.
12.00 NOON **Bennetts British Superbikes**
1.00 PM **Show Jumping**
2.00 **Climbing World Cup**
3.00 **Hall of Fame: London 2012**
4.00 **British Superbikes Extra**
6.00 **Motocross World C'ship**
7.00 **BMX European Championships**
8.00 **Bennetts British Superbikes**
10.00 **Formula E** Recent action.
12.00 M'T **Motocross World C'ship**
12.30 AM **Cycling: Tour de France**
1.30 **Tour de France: Breakaway**
2.00 **World Superbikes**
3.00 **FIA World Endurance C'ship**
4.00 **Cycling: Tour de France**
5.00 **Tour de France: Breakaway**
5.30 **to 6.30** AM **Bennetts British Superbikes**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Betfred Super League Highlights** Top-flight action.
8.00 **Fight Night** Mikaela Mayer v Alycia Baumgardner from 2022.
9.00 **State of Origin Rugby League**
12.00 NOON **World Matchplay Darts**
4.00 PM **Darts Gold** Archive action.
5.00 **WNBA** Indiana v Dallas.
7.00 **Top Rank Boxing Archive** Marvin Hagler v Thomas Hearns.
7.30 **Women's State of Origin** Action from Queensland Maroons v New South Wales.
7.45 **State of Origin Rugby League Highlights** Queensland v New South Wales in game three.
8.00 **Betfred Super League Highlights** Top-flight action.
9.00 **Daniel Anderson: Face to Face**
9.30 **Top Rank Boxing Archive** Sugar Ray Leonard v Roberto Duran.
11.00 **NBA Basketball**
1.00 AM **British Basketball**
3.30 **WNBA** New York v Seattle.
5.30 **to 6.00** AM **NBA Basketball**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** Another chance to see the 2019 Hungarian Grand Prix, staged at the Hungaroring. **1.15** PM A chance to see the 2020 Hungarian Grand Prix, the third round of the season at Hungaroring in Mogyorod. **3.30** The 2021 Hungarian Grand Prix, the 11th round of the season at Hungaroring in Mogyorod. **6.00** Highlights of the British Grand Prix, the 11th round of the season at Silverstone.
7.00 **Indycar** The Honda Indy Toronto.
8.00 **Sky Sports F1 Podcast** A discussion on the latest news and action from the Formula 1 season.
9.00 **Formula 1** Highlights of the 2022 Hungarian Grand Prix.
10.00 **F1 Classic Races** A replay of the 2011 Hungarian Grand Prix.
12.30 AM **Graham Hill: World Champion**
1.00 **to 6.00** AM **The Home of F1**

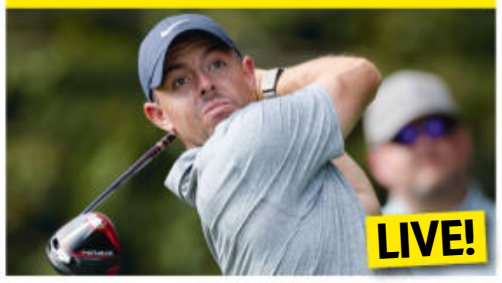
SKY HD SD | VIRGIN HD | BT HD

Thursday

20 July

Evening Planner

Golf

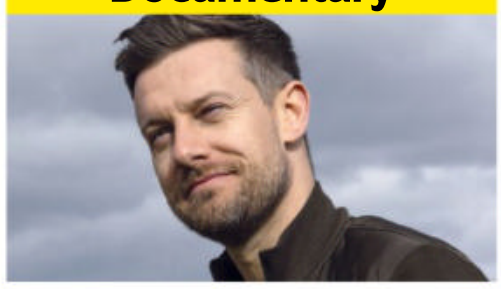


The Open Championship
Sky Sports Main Event/Golf, from 6.30am
The major tees-off at the Royal Liverpool, where Rory McIroy claimed the Claret Jug in 2014. Highlights on BBC2 at 8pm.

Football

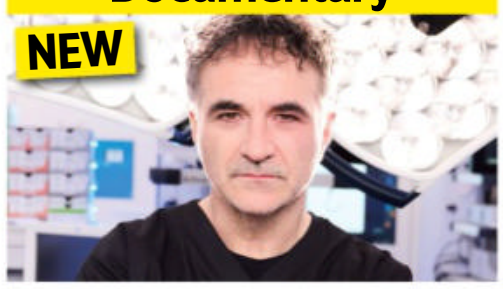
Women's World Cup
BBC1 & ITV1
On the opening day, New Zealand face Norway (BBC1, k-o 8am) and Australia play Republic of Ireland (ITV1, k-o 11am).

Documentary



Who Do You Think You Are?
BBC1, 9pm
Comedian Chris Ramsey learns about an ancestor who won a very unusual lottery.

Documentary



The Supervet: Puppy Special
C4, 9pm
Noel looks back at cases where puppies were in need of his pioneering treatment.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 A Wright...	8.30 Garden Rescue	9.00 Who Do You Think You Are?		10.00 News; Local News	
102 BBC2	7.00 Today at the Test		8.00 Golf: The Open				10.00 The Real...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 Murder in the Family		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 The Dog Academy		9.00 The Supervet: Puppy Special		10.00 Rosie Jones Am I a R*tard?	
105 CHANNEL 5	7.00 Amsterdam with Gregg Wallace		8.00 Puzzling with Lucy Worsley		9.00 Surgeons: A Matter of Life or Death		10.00 Cold Case Killers	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Bill Bailey's Master Crafters: The Next...		9.00 And Just Like That		10.00 The Lionesses: A League of Their...	
ENTERTAINMENT								
115 BBC3	7.05 Women's...	7.30 Squad Goals...	8.00 Hire Me: Competing for a Dream Job		9.00 Zara McDermott: Disordered Eating		10.00 Snowfall	
116 BBC4	7.00 Yorkshire Walks	7.30 Secrets of...	8.00 Shipwrecks: Britain's Sunken History		9.00 Film: Sweet Charity			
118 ITV2	7.00 Next Level Chef (USA)		8.00 Superstore		9.00 Love Island		10.05 Iain Stirling's CelebAbility	
136 MORE4	◂ 6.55 The Dog House		7.55 Grand Designs		9.00 Best of the Great British Dig		10.00 Ancient Secrets of Althorp with...	
135 E4	7.00 Hollyoaks	7.30 Impractical...	8.00 Below Deck Sailing Yacht		9.00 Gogglebox		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Bull		10.00 Blue Bloods	
108 SKY ATLANTIC	◂ 6.25 The Sopranos	7.30 Game of Thrones			9.00 The Fear Index		10.05 Billions	
110 GOLD	◂ 6.40 Dad's Army		8.00 Only Fools and Horses	8.40 Blackadder The Third	9.20 The Lenny Henry Show		10.00 Mrs Brown's Boys	10.40 Not...
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?	9.00 QI XL		10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
120 ITV4	7.00 Tour de France Highlights		8.00 Monster Carp		9.00 Film: Van Helsing			
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Midnight Run			
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager				10.00 Film: Hellbound: Hellraiser II	
113 SKY MAX	7.00 Stargate Atlantis		8.00 The Ashes		9.00 The Blacklist		10.00 The Lionesses: A League of Their...	
109 ALIBI	7.00 Person of Interest		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Bill Bailey's Master Crafters: The Next...		9.00 The Directors			
132 W	◂ 6.00 MasterChef...	7.30 Inside the...	8.00 Nurses on the Ward		9.00 Emma Willis: Delivering Babies		10.00 Stacey Dooley Sleeps Over	
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Alaska: The Last Frontier		9.00 To Live or Die on Everest		10.00 Naked and Afraid XL	
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Guardians of Rescue				10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Last of the Giants: Wild Fish		9.00 Wicked Tuna		10.00 Lawless Island	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Auction Hunters		9.00 Secret Restoration		10.00 Dirty Old Cars	
155 YESTERDAY	7.00 Bangers & Cash: Restoring Classics		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
121 SKY DOCS	7.00 Gaming Wall St		8.05 The Movies		9.00 Right to Fight			
FILMS – Sky Cinema								
301 PREMIERE	◂ 6.15 Breaking Point		8.00 Armageddon Time				10.10 The Locksmith	
303 SCREEN QUEENS	◂ 6.10 Sleepless in Seattle		8.00 Notting Hill				10.10 Focus	
304 GREATS	◂ 5.30 Guys and Dolls		8.00 The Last of the Mohicans			9.55 The Duellists		
305 ANIMATION		7.20 Shrek the Third			9.05 Free Birds			
306 FAMILY		7.20 The Next Karate Kid			9.15 Wickensburg			
307 ACTION	◂ 5.40 Fast & Furious 7		8.00 The Lost City				10.00 Bullet to the Head	
308 COMEDY	◂ 6.30 A Night at the Roxbury		8.00 The Boss			9.45 The Joneses		
309 THRILLER	◂ 6.05 Snitch		8.00 Four Brothers				10.05 Kiss the Girls	
310 DRAMA	◂ 6.05 Dear John		8.00 Birdy				10.10 Cold Mountain	
311 SCI-FI	◂ 5.30 The Matrix: Resurrections		8.00 Looper				10.00 Watchmen	
302 BLOCKBUSTERS	◂ 6.05 Meet the Fockers		8.00 Ted				10.00 Ted 2	
313 FILM4	◂ 6.45 Instant Family				9.00 Arrival			
SPORT								
401 MAIN EVENT	◂ 6.30 The Open – Live: The first day of the tournament			8.30 World Matchplay Darts – Live: Coverage of the sixth day of the tournament				
402 PREMIER LEAGUE	7.00 MNF Hlts		8.00 Gary Neville's...	8.30 PL Stories	9.00 The Fall and Rise of Leeds United		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	◂ 6.00 EFL Cup Retro		8.00 The Ashes		9.00 Championship Retro			
404 CRICKET	7.00 Secrets Of...	7.30 Talking Cricket	8.00 The Ashes		9.00 Women's Ashes		10.00 The Ashes	
410 TNT SPORTS 1	◂ 2.30 Test Cricket – Live: West Indies v India							
411 TNT SPORTS 2	7.00 Down The Clubhouse		8.00 Reload	8.30 PL Stories	9.00 WWE NXT Highlights		10.00 MLB: Off The...	10.30 Cricket – Live

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
7.30 LIVE **Football: Women's World Cup** New Zealand v Norway: Coverage at Eden Park. Kick-off is at 8.00. *See feature, page 4.* (S)
10.15 **Close Calls: On Camera** New edition A burning high-rise. (S)
10.45 **Animal Park Summer** (S)(R)(AD)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Rick Stein's Cornwall** (S)(R)(AD)
2.15 **Robson Green's Weekend Escapes** With Lee Ridley. (S)(R)
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **Garden Rescue** (S)(R)
4.30 **Antiques Road Trip** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 A Wright Family Holiday

7 PM

7.00 The One Show Alex Jones and Roman Kemp present the topical show. (S)
7.30 EastEnders Keanu seeks legal advice over access to Peggy, and Lisa tries to make a flight to Portugal. (S)

8 PM

8.00 A Wright Family Holiday Series finale 6/6. Mark Wright, brother Josh and father Mark end their trip in Cornwall. (S)
8.30 Garden Rescue Creating a Mediterranean-inspired space in Bristol. (S)

9 PM

9.00 Who Do You Think You Are? New edition 8/9. Comedian Chris Ramsey researches his family tree, uncovering the stories of an ancestor who fought in World War One, and another who won an unusual lottery. *See feature, page 11.* (S)

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 FILM **Gravity** Space thriller starring Sandra Bullock and George Clooney. Two astronauts are left stranded in orbit above the Earth when the debris from an exploding satellite destroys their shuttle. Left drifting in space with no way to contact mission control, they begin a perilous journey to reach the safety of a space station before oxygen runs out. (S) (2013, 12, 80min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T **Weather for the Week Ahead**
12.05 AM **BBC News Special** The Uxbridge & South Ruislip and Selby & Ainsty by-elections. (S)
4.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Sign Zone: Clive Myrie's Italian Road Trip** (S)(R)
7.00 **Sign Zone: Great British Railway Journeys** West Yorkshire. (S)(R)
7.30 **Breakfast** (S)
9.00 **Nicky Campbell** (S)
10.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Mastermind** Quiz show. (S)(R)
2.15 **Great British Menu** (S)(R)
3.15 **Cheetah Family & Me** (S)(R)(AD)
4.15 **Made in Great Britain** (S)(R)(AD)
5.15 **Flog It!** From Somerset. (S)(R)
6.00 **Richard Osman's House of Games** With Angela Barnes and Beattie Edmondson. (S)(R)
6.30 **Great British Railway Journeys** New edition 14/15. Michael stops in Wolverhampton, Kidderminster, Worcester and Cheltenham. (S)

7.00 Today at the Test

7.00 Today at the Test England v Australia: Action from day two of the fourth Test in the five-match series, staged at Emirates Old Trafford. Australia have not lost a Test at this venue since 1981. (S)

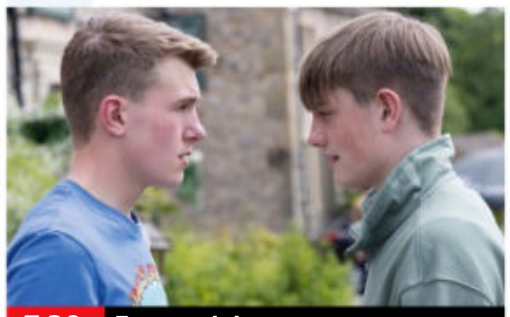
8.00 Golf: The Open Eilidh Barbour presents action from the first day of the tournament, staged at Royal Liverpool Golf Club in Hoylake, Merseyside. This is the 13th time overall that the prestigious competition has been held on this course, and the first time since 2014, when Rory McIlroy claimed the third of his four Major titles. With commentary by Andrew Cotter, Ned Michaels and Ken Brown. (S)

10.00 The Real McCoy 1/6. Comedy sketches written and performed by leading black and Asian artists. (S)(R)
10.30 Newsnight (S)
11.10 **Weather** (S)
11.15 **Couples Therapy** 1&2/10. Documentary exploring the world of relationship counselling. (S)(R)
12.20 AM **Sign Zone: Dr Xand's Con or Cure** A bogus diagnosis. (S)(R)
1.05 **Sign Zone: Clean It, Fix It** (S)(R)
1.45 FILM **Lullaby** Drama. Subtitled. (2019, 15, 95min) ★★★
3.20 LIVE **Football: Women's World Cup** Nigeria v Canada: From Melbourne. Kick-off is at 3.30. (S)
5.30 **to 6.45** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.15 LIVE **Football: Women's World Cup** Australia v Republic of Ireland: Coverage of the opening Group B match from Stadium Australia in Sydney. Kick-off is at 11.00. *See feature, page 4.* (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Islands to Highlands** James goes to Devon, where he meets Michelin-starred chef Simon Hulstone. (S)(R)(AD)
3.00 **Lingo** Word-based quiz. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



7.30 Emmerdale

7.30 Emmerdale Cain tells Moira it is time for a tough choice, Arthur is heartbroken, and Jai has a surprise stag do. (S)(AD)

8.30 Tonight: How to Age Well – Your Food New edition Kate Quilton looks at the impact our diet can have on our later years. (S)

9.00 Murder in the Family New edition 2/3. Father-of-two Kieren set fire to his mother-in-law in an act of hatred against his wife. This edition examines what caused this spiral of violence. (S)(AD)
■ Entire series on ITVX

10.00 ITV News (S)
10.30 Local News (S)
10.45 The Motorbike Show Henry rides through Shropshire, and brings the restoration of the Suzuki Kettle to a conclusion with a ride-out. (S)(R)
11.45 **Tour de France Highlights** Action from stage 18, a route from Moûtiers to Bourg-en-Bresse. (R)
12.45 AM **Wrestling: AEW Rampage** With Powerhouse Hobbs and Claudio Castagnoli. (S)
1.40 **Catchphrase** (S)(R)(AD)
2.15 **Winning Combination** (S)(R)
3.05 **The Switch** Quiz show. (S)(R)
3.55 **Unwind with ITV** (S)
4.55 **to 5.50** AM **Oti Mabuse's Breakfast Show** (R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 22&23/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.05 **Frasier** 18-20/24. (S5) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From Pennsylvania. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Chateau DIY** (S)(R)(AD)
5.00 **Sun, Sea and Selling Houses** New edition Retired NHS worker Julie from Swansea seeks the perfect house in Alicante. (S)
6.00 **The Simpsons** *Behind the Laughter:* Spoof behind-the-scenes special. (S)(R)(AD)
6.30 **Hollyoaks** John Paul is attacked as he leaves a club night, and Cindy wakes up in hospital. (S)(AD)

8.00 The Dog Academy

7.00 News (S)

8.00 The Dog Academy New edition 5/8. A student enrols the imposing form of a four-year-old newfador called Ruby. Eight-stone of solid dog, Ruby refuses to budge when owners Nichola and Zeal take her for a walk. (S)(AD)

9.00 NEW SERIES **The Supervet: Puppy Special** The stories of some of the youngest and cutest puppies for whom Noel has provided life-saving treatment since *The Supervet* began in 2014. *See feature, page 21.* (S)(AD)

10.00 NEW **Rosie Jones: Am I a R*tard?** Documentary in which the comedian educates viewers on the online abuse faced by those with disabilities, including herself as a person with cerebral palsy. (S)(AD)
11.05 **First Dates** (S)(R)(AD)
12.05 AM **24 Hours in A&E** (S)(R)(AD)
1.00 **Becoming Elizabeth** 1/8. Period drama following the untold story of Elizabeth I. (S1) (S)(SL)(R)(AD)
2.05 **Miriam and Alan: Lost in Scotland** (S)(SL)(R)(AD)
2.55 **Extraordinary Escapes with Sandi Toksvig** (S)(SL)(R)(AD)
3.50 **Couples Come Dine with Me** (R)
4.35 **Location, Location, Location** (R)
5.25 **to 6.15** AM **Undercover Boss USA**

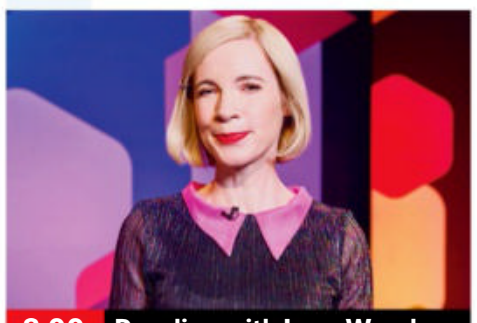
+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Reunited and It Feels So Deadly: An Aurora Teagarden Mystery** Thriller starring Candace Cameron Bure. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** Ben introduces viewers to the world of Benidorm's tribute act circuit in his role as a Gary Barlow impersonator. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** The Fylde Coasters take on the regulars. (S)(R) **6.30** The Bustice League take on the regulars. (S)(R)
6.55 **News** (S)



8.00 Puzzling with Lucy Worsley

7.00 Amsterdam with Gregg Wallace 5/6. Gregg heads to Amsterdam, learning about its history, sampling its food and visiting the city's famous flower-trading floor. (S)(R)
7.55 **News** (S)
8.00 Puzzling with Lucy Worsley New edition 5/13. Contestants from Worcester, London, Rotherham and Kent take on five rounds of puzzles. (S)
9.00 NEW SERIES Surgeons: A Matter of Life or Death Cameras follow life-saving operations at the University Hospitals Birmingham. The first edition features Stephen, 53, whose mouth and jaw cancer is a concern. (S)
10.00 Cold Case Killers The sadistic murder of Wendy Speakes in Wakefield, where evidence suggested that a man with a twisted fetish was on the loose and could kill again. (S)(R)
11.05 **Police: Night Shift 999** A car has landed on its roof. (S)(R)
12.05 AM **Shoplifters: Caught on Camera** Documentary. (S)(R)
1.00 **Teleshopping** (S)
3.00 **Millionaire Age Gap Love** (S)(R)
3.50 **OMG: My Barbie Body** (SL)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Secret Life of the Kangaroo**
9.00 **Nothing to Declare** (S)(R)(AD)
10.00 **The Flash** 8/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S6) (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
2.00 **MacGyver** 7/13. (S4) (S)(R)
3.00 **The Equalizer** (S2) (S)(R)(AD)
4.00 **A League of Their Own Road Trip: Dingle to Dover** A celebrity football match. (S)(R)
5.00 **The Simpsons** (S)(R)
5.30 **Modern Family** 5/18. Phil is determined to finally scare Claire on Halloween. (S)(R) **6.00** 6/18. Gloria secretly baptises the twins. (S11) (S)(R)
6.30 **The Simpsons** *Homer v the 18th Amendment:* Alcohol is outlawed in Springfield. (S)(R)

8.00 Bill Bailey's Master Crafters

7.00 The Simpsons *Grade School Confidential:* Bart catches Principal Skinner in a clinch with Mrs Krabappel. (S)(R) **7.30** *The Canine Mutiny:* Bart acquires a credit card and buys a collie. (S)(R)
8.00 Bill Bailey's Master Crafters: The Next Generation New edition 2/3. The crafters are taught how to carve wood by Clunie Fretton, and learn about wheelwrighting with Mike Rowland. (S)(AD)
9.00 And Just Like That... New episode *Bomb Cyclone:* 6/11. *Sex and the City* revival catching up with the lives of Carrie, Charlotte and Miranda. Stars Sarah Jessica Parker, Kristin Davis and Cynthia Nixon. (S2)
10.00 The Lionesses: A League of Their Own Special To mark the World Cup in Australia, Jill Scott guides comedians Maisie Adam and Katherine Ryan through what it takes to be a world-beating footballer. (S)(R)
11.00 **Then You Run** 2/8. (S1) (S)(R)
12.00 M'T **Magnum P.I.** 4/20. (S5) (R)
1.00 AM **Last King of the Cross** Series finale 10/10. As John aspires to escape Kings Cross for good, events makes war seem unavoidable. (S1) (S)(AD)
2.05 **Caught on Dashcam** (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **MacGyver** 7/13. (S4) (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (S)(R)(AD)
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Previously with Shane Todd (S)(R) **11.10** FILM Gravity (S)(AD) (2013, 12, 80min) ★★★★★ **12.30-4.00am** BBC News Special (S)
WALES
Sky **965**, Virgin **864**, Freesat **965**
8.30pm Iolo's Anglesey (S)(R) **9.00-10.00** NEW Firebombers (S) **10.40** Who Do You Think You Are? New edition (S)(AD) **11.40** Garden Rescue (S)(R)(AD) **12.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations
WALES
Sky **968**, Freesat **968**
10.00-10.30pm Rewind: 60 Years of Welsh Pop (S)(R) **11.15** The Real McCoy (S)(R) **11.45** Couples Therapy New episode (S) **12.45-1.05am** Coast (S)(R)

ITV1

As main ITV1 except:
WALES
10.45pm The Hajj: A Journey to Mecca (S)(R) **11.15-11.45pm** Love Your Garden (S)(R)(AD)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Codi Hwyl **12.30** Y Byd ar Bedwar **1.00** Prynhawn Da New edition **1.55** Newyddion S4C a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.45** Blociau Rhif **4.50** Blero yn Mynd i Ocido **5.00** Stwnsh **6.00** Codi Hwyl America **6.30** Garddio a Mwy **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Rownd a Rownd New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion S4C a'r Tywydd **9.00** Drych **10.00** Seiclo: Tour de France **10.30-11.35pm** Y 'Sgubor Flodau

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/141 | 107/157 | 23 107 | 179 107

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **MOTD: Women's World Cup Highlights** Featuring action from the opening day.
7.30 **Squad Goals: Dorking 'Til I Die** 1/6. Calum Best takes over the reins of Dorking Wanderers Ladies FC.
8.00 **Hire Me: Competing for a Dream Job** 1/6. Young hopefuls battle for a job. **8.30** 2/6. Hopefuls compete for a radio producer job.
9.00 **Zara McDermott: Disordered Eating** The rise in eating disorders.
10.00 **Snowfall** New episodes 3/10. Leon brings Wanda back from their paradise. **10.45** 4/10. Teddy needs to turn the tables. (S6)
11.30 **Squad Goals: Dorking 'Til I Die** As 7.30pm.
12.00 M'T **Zara McDermott: Disordered Eating**
1.00 AM **Hire Me: Competing for a Dream Job**
2.00 **Gassed Up**
2.50 **to 3.50** AM **Zara McDermott: Disordered Eating**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Yorkshire Walks** 4/4. Shanaz Gulzar walks through the Bolton Abbey Estate.
7.30 **Secrets of Bones** 4/6. How skeletons have evolved to help animals sense the world around them.
8.00 **Shipwrecks: Britain's Sunken History** 2/3. Historian Dr Sam Willis learns about the shipwrecks of the Georgian age.
9.00 FILM **Sweet Charity** Musical starring Shirley MacLaine. A hostess in a seedy New York dance hall dreams of love, marriage and respectability, but finds herself jilted by every man she meets. (1968, PG, 149min) ★★★★★
11.25 **Shirley MacLaine: Talking Pictures** A look at the actor's TV appearances from over the years.
12.10 AM **An Evening with Sammy Davis Jr**
1.10 **Yorkshire Walks**
1.40 **Secrets of Bones**
2.10 **to 3.10** AM **Shipwrecks: Britain's Sunken History**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** A cake class.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo** A golden poison frog has lost interest in his partner, so a 'bad boy' is brought in.
6.55 **The Dog House** Olympic cyclist Victoria Pendleton seeks a dog she can share with her mother.
7.55 **Grand Designs** Following the progress of a dual-purpose family and wheelchair-friendly home built by design engineer and former Paralympic swimmer, Mark Butler.
9.00 **Best of the Great British Dig** New edition Hugh Dennis and the archaeologists revisit some of their exciting archaeological adventures – from incredible Roman revelations to the unveiling of Viking faces from the past.
10.00 **Ancient Secrets of Althorp with Charles Spencer** The Earl of Spencer looks for evidence of an Anglo Saxon village.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236 | 347 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four editions.
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** John Paul struggles after his attack.
7.30 **Impractical Jokers** The guys work as salesmen.
8.00 **Below Deck Sailing Yacht** New edition 16/18. Reeling from the news that *Parsifal III* has a last-minute charter with the toughest preference sheet of the season, the crew attempt to enjoy their night off.
9.00 **Gogglebox** Appraisals of *The Masked Singer*.
10.00 **Naked Attraction** A shy rugby player is looking for a potential date.
11.05 **Gogglebox**
12.05 AM **First Dates**
1.10 **Rick and Morty**
1.40 **Robot Chicken** New episode Double bill.
2.15 **Naked Attraction**
3.10 **Below Deck Sailing Yacht**
4.00 **Ramsay's Kitchen Nightmares USA**
4.55 **to 6.00** AM **The Neighborhood**

+1 hour 235 | 306 | 20 | 123

THURSDAY Entertainment

Thursday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security: Canada's Front Line**
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **The Force: Manchester**
12.00 NOON **The Rookie** (S3)
1.00 PM **FBI** 17/22. (S4)
2.00 **FBI: International** 4/21. A man seeks sanctuary at Madrid's US embassy. (S1)
3.00 **The Equalizer** 9/18. McCall fights to prove a famous rapper is innocent. (S2)
4.00 **Nothing to Declare**

9.00 Bull

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Fear Nothing:* 18/22. The team discover that deadly sarin gas may have been sold to terrorists. (S4)

9 PM
9.00 **Bull** *Unambiguous:* 3/23. The team tackle jury bias against a woman on trial for the murder of a star athlete. (S1)

10 PM
10.00 **Blue Bloods** *Irish Exits:* 20/21. Frank worries his friend is hiding the true reason for returning to the city. (S13)
11.00 **New Amsterdam** 11/22. (S4)
12.00 M'T **The Equalizer** 8/18. (S2)
1.00 AM **9-1-1** 12/14. A treasure hunt causes chaos. (S4)
2.00 **Bull** 14/22. (S2)
3.00 **Chicago Fire** 7/22. (S9)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Urban Secrets**
7.00 **The Newsroom** 3&4/6. (S3)
9.20 **The Sopranos** 8&9/13. (S4)
11.40 **Game of Thrones** 2/6. (S8)
12.50 PM **Gomorrah**(S3)
3.00 **The Newsroom** 5/6. Jim and Maggie are stranded. **4.05** 6/6. Will and Mac reflect on life at ACN. (S3)
5.20 **The Sopranos** 10/13. Dr Melfi disagrees with Tony about his self-evaluation. **6.25** 11/13. Tony's housing development funds scam hangs in the balance. (S4)

9.00 The Fear Index

7.30 **Game of Thrones** *The Long Night:* 3/6. The Night King and the army of the dead reach Winterfell, and an epic battle between the living and the dead begins. (S8)

9.00 **The Fear Index** 2/4. Alex harbours his own concerns when he finds terrorist websites open on his computer. (S1)

10.05 **Billions** *Elmsley Count:* 12/12. Axe dominates a capital raise event, but is challenged by a surprise competitor. (S3)
11.10 **Billions** 1/12. (S4)
12.20 AM **This England** 5/6. (S1)
1.30 **In Treatment** 38/43. (S1)
2.00 **Der Pass** New episode 7/8. A mysterious man surrenders himself. Subtitled. (S3)
3.00 **The Fear Index** 3/4. (S1)
4.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate Atlantis** (S1)
8.00 **Supergirl** 3/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 8/23. (S3)
11.00 **NCIS: New Orleans** (S6)
1.00 PM **Hawaii Five-0** (S7)
2.00 **MacGyver** 7/13. (S4)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 4/23. (S3)
5.00 **The Flash** 8/23. Aliens attack Central City. (S3)
6.00 **Stargate Atlantis** 17/20. The crew are allowed to send video messages to Earth. (S1)

5.00 The Flash

7.00 **Stargate Atlantis** *The Gift:* 18/20. Teyla is haunted by recurring nightmares that reveal an alarming truth. (S1)

8.00 **The Ashes** Highlights of the second day of the fourth Test in the five-match series from Emirates Old Trafford.

9.00 **The Blacklist** *The Hyena (No 200):* 4/22. Red attempts to secure a late financier's fortune. (S10)

10.00 **Lionesses: A League of Their Own Special** Jill Scott gives Katherine Ryan and Maisie Adam a football masterclass.
11.00 **Then You Run** 2/8. (S1)
12.00 M'T **Magnum P.I.** 4/20. (S5)
1.00 AM **Last King of the Cross** Series finale 10/10. John aspires to escape Kings Cross for good. (S1)
2.05 **Warrior** 9&10/10. (S1)
4.00 **MacGyver** 7/13. (S4)
5.00 **to 6.00** AM **Bondi Rescue**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 7/22. (S7)
9.00 **Dawson's Creek** 11/23. (S3)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Dinner Date**
1.00 PM **Epic Gameshow**
2.00 **Chuck** 18/24. (S4)
3.05 **One Tree Hill** 8/22. (S7)
4.00 **Dawson's Creek** 12/23. (S3)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase**

10.05 Iain Stirling's CelebAbility

7.00 **Next Level Chef (USA)** New edition The contestants create global fusion dishes with two baskets of ingredients.

8.00 **Superstore** 5/22. Glenn worries about how little he knows his employees. **8.30** 6/22. Cheyenne and Bo seek advice. (S2)

9.00 **Love Island** New edition More action from week seven of the competition which sees single people living like celebrities.

10.05 **Iain Stirling's CelebAbility** New edition With Danny Miller, Bobby Norris and Angellica Bell.
10.50 **Family Guy** 5/22. (S8)
11.20 **Family Guy** 15/16. Peter becomes inspired by the writing of Stephen King. (S7)
11.50 **American Dad!** (S9)
12.50 AM **Superstore** 7&8/22. (S2)
1.50 **The Sex Lives of College Girls** 7&8/10. (S2)
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.05 **Never the Twain**
9.15 **The Royal**
11.30 **Heartbeat**
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Agatha Christie's Poirot** *Death on the Nile:* The Belgian sleuth investigates the murder of an American heiress.
6.00 **Heartbeat** *Waifs and Strays:* Vernon opens a caravan park, but David ends up entertaining the campers.

8.00 Vera

7.00 **Heartbeat** *Brought to Book:* Steve takes a group of delinquents on an outdoor adventure course on the moors.

8.00 **Vera** *Old Wounds:* The detective investigates the death of a teenager who disappeared during the 1984 miners' strike, when her remains are discovered 30 years later.

10.00 **Law & Order: UK** *Skeletons:* 6/6. A body is discovered with a note reading 'They Must Be Destroyed'. (S4)
11.00 **The Bay** 4/6. Dean faces a life-changing event. (S4)
12.05 AM **The Royal** *Winners and Losers:* Feathers are ruffled when a new locum arrives. **1.05** *Price of Progress:* The X-ray machine breaks down.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Trials That Shocked Scotland** 5/6. Revisiting high-profile murder cases.
7.30 **The Great Food Guys** 3/8. With guest actor Moyo Akande.
8.00 **Beechgrove Garden** New edition 16/26. Kirsty Wilson and Carole Baxter plant a hanging basket full of herbs.
8.30 **Designing the Hebrides** 3/6. Transforming a dated cafe and bookshop on Skye.
9.00 **The Nine**
10.00 **Scot Squad** 5/6. PC Leanne Hunter's partner gets a medal. (S4)
10.30 **The Hermit of Treig** A recluse questions whether he can live out his last years in the wilderness.
11.30 PM **to 12.00** M'T **The Comedy Underground**

Sky Comedy

114/115 112 347 362

8.00 AM **And Just Like That...** New episode 6/11. (S2)
9.00 **Mr Mayor** 6&7/10. (S2)
10.00 **Silicon Valley** (S5)
11.10 **Girls** 3&4/10. (S5)
12.25 PM **Pen15** 4/15. (S2)
1.00 **Silicon Valley** (S5)
2.10 **Fresh Prince of Bel Air**
3.10 **Girls** 5&6/10. (S5)
4.30 **Mr Mayor** 8&9/10. (S2)
5.30 **Will & Grace** (S4)
6.30 **Fresh Prince of Bel Air**
7.30 **Bloods** 2/6. (S1)
8.00 **The Office (US)** (S1)
9.00 **And Just Like That...** New episode 6/11. *Sex and the City* revival with Kristin Davis. (S2)
10.00 **Sex and the City** (S2)
11.15 **Hung** 8/10. Jemma wants a break from her relationship with Ray. **11.55** 9/10. Lenore offers impromptu branding advice. (S1)
12.30 AM **Breeders** (S1)
1.30 **Pen15** 5/15. (S2)
2.10 **Vice Principals** (S1)
3.30 **to 5.00** AM **Pen15**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **André Rieu**
7.00 **Reinventing the Orchestra**
8.00 **The Joy of Painting**
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering: Alec Guinness**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Anyone Can Sing**
4.00 **Discovering: Peter Lorre**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **The Joy of Painting**
8.00 **Bill Bailey's Master Crafters: The Next Generation** New edition
9.00 **The Directors**
11.00 **The Sixties**
12.00 M'T **Greatest Albums**
1.00 AM **Carly Simon**
2.35 **The Great Songwriters**
3.35 **Music Icons**
4.00 **David Harewood**
5.00 **to 6.00** AM **Auction**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S1)
5.00 **Star Trek: The Next Generation** (S7)
6.00 **Merlin** 4/13. (S1)
7.00 **Star Trek: Voyager**
8.00 **NCIS: New Orleans**
9.00 **Prodigal Son** (S1)
10.00 **Grimm** 16/22. (S5)
11.00 **Snapped**
12.00 M'T **Killer in My Village**
1.00 AM **The Force: Manchester**
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131 119 28 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Unboxed**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Project Bakeover** New edition A bakery owner in New Brunswick.
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode (S4)
9.00 **Totally Unbelievable**
10.00 **Botched** A woman with large nostril anxiety.
11.00 **Crazy Ex-Girlfriend** New episode (S4)
12.00 M'T **Only Way Is Essex**
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Sue Thomas: F.B.Eye** 14&15/19. (S3)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Kaleidoscope** Drama.
10.50 **Great! Movie News**
11.00 **Castle** 16&17/23. (S1)
1.00 PM **Sue Thomas: F.B.Eye** 5&6/19. (S1)
3.00 **Diagnosis Murder** (S4)
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S3)
9.00 **Randall and Hopkirk (Deceased)** *The Ghost Talks:* 21/26. Marty regales Jeff with an account of a case. (S1)
10.00 **The Persuaders!** *The Man in the Middle:* 14/24. Brett enters the world of espionage. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S3)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
3.50 **to 4.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Great World Cup Goals**
6.10 **Minder**
7.10 **The Sweeney**
8.15 **Giant Lobster Hunters**
9.10 **Dempsey and Makepeace**
10.20 **Magnum, PI**
11.20 **The Protectors**
11.55 **Dempsey and Makepeace**
1.00 PM **Tour de France Highlights**
2.00 LIVE **Tour De France** Coverage of stage 18 from Moûtiers to Bourg-en-Bresse.
5.00 **Made in Britain**
6.00 **BattleBots** New edition

9.00 Van Helsing

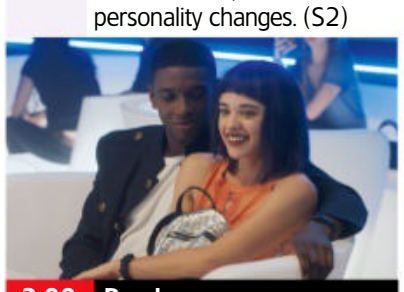
7.00 **Tour de France Highlights** Action from stage 18, a 185km route from Moûtiers to Bourg-en-Bresse.
8.00 **Monster Carp** New edition Tom Dove and Neil Spooner go head-to-head at the Gigantica complex.
9.00 FILM **Van Helsing** Fantasy adventure starring Hugh Jackman and Kate Beckinsale. The Vatican sends vampire hunter Van Helsing to Transylvania to battle with Count Dracula. (2004, 12, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 FILM **A Good Man** Action thriller starring Steven Seagal. (2014, 15, 99min) ★★★
1.45 AM **The Sweeney**
2.45 **Unwind with ITV**
3.45 **Dempsey and Makepeace**
4.40 **Magnum, PI**
5.35 **to 6.00** AM **Made in Britain**

+1 hour 220 318 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Merlin** 12/13. (S1)
7.00 **The Outpost** 1/13. (S3)
8.00 **Teleshopping**
11.00 **Pandora** 5/13. (S1)
12.00 NOON **Star Trek: The Next Generation** 5&7/22. (S2)
2.00 PM **Merlin** 12/13. (S1)
3.00 **Pandora** 5/13. (S1)
4.00 **Quantum Leap** 11/22. (S5)
5.00 **Stargate Atlantis** 8/20. Sheppard and McKay encounter a new race. (S1)
6.00 **Star Trek: The Next Generation** 5/22. Data's personality changes. (S2)

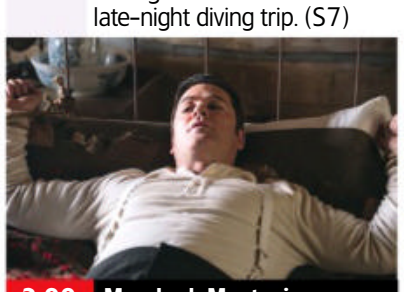

3.00 Pandora

7.00 **Star Trek: The Next Generation** *Unnatural Selection:* 7/22. A rapid ageing disease strikes down Dr Pulaski. (S2)
8.00 **Star Trek: Voyager** *Bride of Chaotica!* 12/26. The ship is involved in a battle with an alien species from the fifth dimension.
9.00 **Star Trek: Voyager** *Gravity:* 13/26. A shuttle carrying Tuvok, Paris and the Doctor crash-lands on a wasteland. (S5)
10.00 FILM **Hellbound: Hellraiser II** Horror sequel with Clare Higgins. (1989, 18, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **From** 9/10. Boyd travels deeper into the forest than he has ever gone. **1.00** AM 10/10. Jim's radio tower yields consequences that rock him to his core. (S1)
2.00 **Star Trek: Voyager** As 8pm.
3.00 **Stargate Atlantis** As 5pm.
4.00 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries**
9.00 **Unforgettable** 4/13. (S4)
10.00 **Rizzoli & Isles** 9/13. (S7)
11.00 **Without a Trace** 24/24. (S7)
12.00 NOON **The Doctor Blake Mysteries** 6/10. (S1)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S9)
4.00 **Unforgettable** 4/13. (S4)
5.00 **Rizzoli & Isles** 9/13. Crucial evidence goes missing. (S7)
6.00 **Without a Trace** 24/24. A man disappears after finding three bodies on a late-night diving trip. (S7)


2.00 Murdoch Mysteries

7.00 **Person of Interest** *Dead Reckoning:* 13/22. Kara Stanton forces Reese and Snow to break into a defence lab. (S2)
8.00 **Father Brown** *The Darkest Noon:* The gang must save Mallory and Father Brown when they go missing.
9.00 **Death in Paradise** *Death of a Detective:* 1/8. Richard Poole meets a sticky end at a university reunion. (S3)
10.00 **Father Brown** *The Sacrifice of Tantalus:* A man suspected of murdering a police officer is seen near Kembleford.
11.00 **Person of Interest** As 7pm.
12.00 M'T **The Doctor Blake Mysteries** 6/10. Blake suspects foul play at Patrick Tyneman's shoe factory, where a migrant dies. (S1)
1.00 AM **Unforgettable** 4/13. (S4)
2.00 **to 4.00** AM **Evil**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.20 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **Ever Decreasing Circles**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
6.00 **The Good Life**
6.40 **Dad's Army**

8.40 Blackadder the Third

7.20 **Dad's Army** The platoon guard a captured German U-boat crew. Guest stars Philip Madoc.
8.00 **Only Fools and Horses** The Trotters go on holiday with Grandad.
8.40 **Blackadder the Third** Edmund gets caught up in the French Revolution. Guest stars Nigel Planer.
9.20 **The Lenny Henry Show** Lenny Henry presents a series of sketches.
10.00 **Mrs Brown's Boys** Agnes's children suspect one of them is adopted.
10.40 **Not Going Out** Kate and Lee take in a lodger.
11.20 **Only Fools and Horses** As shown at 8pm.
12.00 M'T **Blackadder the Third**
12.40 AM **The Lenny Henry Show**
1.20 **Mrs Brown's Boys**
2.00 **Not Going Out** As 10.40pm.
2.45 **My Favourite Sketch**
3.35 **to 4.00** AM **Desmond's**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Scrapyard Supercar**
8.00 **Top Gear** A 1950s-style race.
9.00 **Border Force: America's Gatekeepers**
10.00 **Railroad Australia**
11.00 **Gino's Italian Escape**
12.00 NOON **Storage Hunters UK**
1.00 PM **Cops on the Rock**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Chris Ramsey.
4.40 **Would I Lie to You?**
5.20 **Room 101** With Alex Jones.
6.00 **Taskmaster** With Joe Lycett.

7.00 House of Games

7.00 **Richard Osman's House of Games** With Debbie McGee, Alex Horne and June Sarpong. **7.40** With John Robins and Samira Ahmed.
8.20 **Would I Lie to You?** With Stephen Hendry, Chris McCausland, Maisie Adam and Laura Whitmore.
9.00 **QI XL** Stephen Fry hosts an extended edition of the quiz with Sue Perkins, Ross Noble, David Mitchell and Alan Davies.
10.00 **Schitt's Creek** 7/13. Jocelyn takes Moira on a relaxing spa day. **10.30** 8/13. Moira and David sell cosmetics. (S1)
11.00 **Taskmaster** Double bill.
1.00 AM **Mock the Week**
1.40 **Would I Lie to You?**
2.15 **Richard Osman's House of Games** With Kae Kurd, Zoe Lyons, Andrew Hunter Murray and Kate Robbins.
2.45 **to 4.00** AM **Schitt's Creek**

+1 hour 211 327 57

7 PM **8 PM** **9 PM** **10 PM**

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun: Home or Away**
1.30 **A Place in the Sun**
2.35 **Sun, Sea and Selling Houses** Documentary.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Bake Off: The Professionals** The four remaining teams take on chocolate week.
8.00 **A Royal Guide to... Properties** The work of staff at the Royal Family's properties.
9.00 **24 Hours in Police Custody: Black Widow**
11.05 **Chernobyl: The New Evidence** Documentary.
12.05 AM **Gogglebox**
1.05 **Celebrity Gogglebox**
2.10 **The Dog Academy**
3.15 **The Dog House**
4.10 **to 4.40** AM **Supermarkets Unwrapped: Fruit & Veg Aisle**

5USA

141 141 120/162 21 129

9.00 AM **NCIS** (S18)
10.55 **Entertainment News**
11.00 **NCIS** 12/16. (S18)
12.00 NOON **Law & Order**
1.55 PM **Entertainment News**
2.00 **Law & Order** (S10&11)
6.05 **NCIS** *Pledge of Allegiance:* 10/21. A chief warrant officer is suspected of selling classified navy software. **7.00** *All Hands:* 11/21. The team arrive on a research vessel with terrorists on board. **8.00** *Fight or Flight:* 12/21. A case leads the team into the world of cage fighting. (S19)
9.00 **Blue Bloods** *Nightmares:* 7/23. A murder leads to the world of voodoo. (S3)
10.00 **Law & Order: Special Victims Unit** (S17)
11.55 **NCIS** (S12&13)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Call the Bailiffs: Time to Pay Up**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly** A Welsh terrier.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Cause of Death**
10.00 **A&E After Dark** A 70-year-old man arrives with a high heart rate.
11.00 **999: Critical Condition**
12.00 M'T **Ambulance: Code Red** Documentary.
1.00 AM **Murdered for Revenge** Ivor Stokle.
2.00 **Making a Serial Killer**
2.45 **100% Hotter**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
10.05 **Traffic Cops**
11.00 **Police Interceptors**
12.05 PM FILM **Apache Drums** Western. (1951, U, 90min) ★★
1.45 FILM **Bandolero!** Western. (1968, 15, 106min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Hell** New edition A Vauxhall is left dangling over the edge of a canal lock.
10.00 **Outback Truckers** Sludge takes on strange loads in New Zealand.
11.00 **WWE Raw Highlights**
12.00 M'T **Police Interceptors**
1.05 AM **Deadliest Weather: Caught on Camera**
2.05 **Fights, Camera, Action!**
3.10 **Sinkholes**
4.00 **Trucking Hell**
4.50 **to 5.00** AM **Entertainment News**

W

132 827 125 25 156

6.10 AM **MasterChef Australia** Double bill.
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **MasterChef USA: Legends**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **MasterChef Australia**
7.30 **Inside the Ambulance**
8.00 **Nurses on the Ward** New episode Matron Hazera responds to an emergency.
9.00 **Emma Willis: Delivering Babies**
10.00 **Stacey Dooley Sleeps Over** Documentary.
11.00 **Nurses on the Ward**
12.00 M'T **One Born Every Minute** Documentary.
1.00 AM **James Martin: Home Comforts**
2.00 **to 3.00** AM **Rachel Khoo's Kitchen Notebook: Cosmopolitan Cook**

+1 hour 232 325

Drama

143 116 20 158

7.15 AM **Pie in the Sky**
8.05 **Lovejoy**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Shakespeare & Hathaway: Private Investigators** 10/10. Frank and Lu delve into the world of private tutoring. (S3)
9.00 **Father Brown** *The Mayor and the Magician:* The mayor dies suddenly.
10.00 **New Tricks**
11.20 **Silent Witness**
1.35 AM **Bleak House**
2.50 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

THURSDAY Entertainment

Thursday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Puglia.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Bidding Room**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** Life jackets.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes to the Dress: UK** Reality series.
4.00 **Animal Cops Phoenix**
5.00 **Saving Lives at Sea**
6.00 **The Yorkshire Auction House** Crane replicas.
7.00 **Antiques Road Trip**
9.00 **1000lb Sisters** New edition
10.00 **24 Hour Baby Hospital**
11.00 **Ghost Adventures**
12.00 M'T **Help! My House Is Haunted** Documentary.
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Phoenix**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Pointless Celebrities**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** A business-themed edition of the quiz show, with Michelle Mone and Peter Ratcliffe.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

6.00 AM **M*A*S*H** (S7)
7.00 **Wild West Chronicles**
7.30 **FILM Ground Zero** Drama. (2008, 12) ★
9.10 **War Machines**
10.20 **Operation Valkyrie**
11.30 **M*A*S*H** (S7)
12.30 PM **Wild West Chronicles**
1.00 **FILM Apache Territory** Western. (1958, U) ★★
2.30 **FILM Aces 'N Eights** Western thriller. (2008, 12, 80min) ★★
4.15 **The Blitz on the North**
5.25 **FILM Bamboo Prison** Drama. (1954, PG) ★★
7.05 **Pompeii** 2/2. (S1)
9.00 **FILM Big Jake** Western. (1971, 15) ★★★
11.15 **FILM Blood of Redemption** Adventure. (2013, 15, 81min) ★★
1.00 AM **FILM Cell** Thriller. (2014, 15) ★★★
3.00 **to 4.00** AM **War in the Pacific**
+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM **FILM Reap What You Sew: An Aurora Teagarden Mystery** Drama. (2018, PG) ★★
11.00 **FILM Ex-Wife Killer** Thriller. (2017, PG) ★★
1.00 PM **FILM Jane Doe: How to Fire Your Boss** Drama. (2007, PG) ★★
3.00 **FILM End of the World** Sci-fi comedy. (2013, 12, 85min) ★★★
4.45 **FILM Starman** Fantasy. (1984, PG) ★★★★
7.10 **FILM Bandidas** Western. (2006, 12, 92min) ★★
9.00 **FILM A Good Day to Die Hard** Thriller. (2013, 15, 94min) ★★★
10.55 **FILM Reprisal** Thriller. (2018, 15, 89min) ★★
12.50 AM **FILM Deviant Love** Thriller. (2019, 12) ★
2.35 **FILM Dear Diary, I Died** Thriller. (2016, PG) ★★
4.20 **to 6.00** AM **FILM Deadly Patient** Drama. (2018, 12, 86min) ★★
+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM **FILM Love Stories in Sunflower Valley** Drama. (2021, PG) ★★
8.00 **FILM Winter's Dream** Drama. (2018, PG) ★★
10.00 **FILM A Love Yarn** Drama. (2021, PG) ★★
12.00 NOON **FILM A Midnight Kiss** (2018, PG) ★★
2.00 PM **FILM Frozen in Love** Drama. (2018, PG) ★★
4.00 **FILM Love at First Dance** (2018, PG) ★★
6.00 **FILM Bridal Wave** Drama. (2015, PG) ★★
8.00 **FILM PREMIERE As Gouda As It Gets** Comedy with Kim Shaw. (2020, PG, 90min) ★★
10.00 **FILM A Romance Wedding** Comedy. (2020, PG, 85min) ★★
12.05 AM **FILM Love Takes Flight** (2019, PG) ★★
1.35 **FILM Love at Sea** Drama. (2018, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**
+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 17/25. (S2)
9.00 **The Prisoner** 4/17. (S1)
10.00 **Star Trek: Deep Space Nine** 20/20. (S1)
11.00 **FILM Moby Dick** Action adventure. (2010, 12, 87min) ★★
1.00 PM **FILM 3 Headed Shark Attack** Thriller. (2015, 18, 89min) ★★
3.00 **FILM King Arthur's Sword** Adventure. (2017, PG, 85min) ★★
5.00 **Star Trek** 8/30. (S1)
6.00 **Star Trek: Deep Space Nine** 1/26. (S2)
7.00 **The Prisoner** 5/17. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Humanity Bureau** Sci-fi thriller. (2017, 15, 95min) ★★
10.55 **FILM Red** Thriller. (2008, 15, 93min) ★★
12.45 AM **FILM The Golem** Horror. (2018, 15) ★★
2.40 **to 4.30** AM **FILM Shut In** Horror thriller. (2016, 15, 91min) ★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Buying Alaska**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
10.00 **The Last Alaskans**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Buying Alaska**
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch**
9.00 **Paranormal: Caught on Camera** A woman is attacked by ghosts.
10.00 **Portals to Hell**
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
2.00 AM **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 258 369

Food Network
140 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Valerie's Home Cooking**
9.00 **The Kitchen** New edition
10.00 **French Adventure**
11.00 **American Feast**
12.00 NOON **Great British...**
2.00 PM **French Adventure**
3.00 **Meals on Wheels Back on the Road**
4.00 **Valerie's Home Cooking**
5.00 **Barefoot Contessa**
6.00 **Guy's Grocery Games**
7.00 **Great British Bake Off**
8.00 **American Feast**
9.00 **Forever Summer**
10.00 **Meals on Wheels Back on the Road**
11.00 **NEW SERIES Beat Bobby Flay: Holiday Throwdown** Double bill.
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Restaurant: Impossible** In Delaware.
2.00 **to 3.00** AM **Asian Baking Adventure**
+1 hour 240 149

Comedy Central
112/113 132 345 360

8.00 AM **Guessable?**
9.00 **Becker** (S4&5)
11.00 **The Middle** (S6)
1.00 PM **Friends** (S6)
8.00 **Friends** 22/25. Ross and Elizabeth sneak away to her grandmother's cabin. **8.30** 23/25. Chandler asks Phoebe to help. (S6)
9.00 **FILM Midnight Run** Comedy thriller starring Robert De Niro and Charles Grodin. (1988, 18, 122min) ★★★★
11.30 **Reno 911!** New episode 14/15. Strange lights are reported in the desert. **12.00** M'T Series finale 15/15. Wiegel needs someone to join her in couple's therapy. (S6)
12.30 AM **Guessable?**
1.30 **South Park** (S11)
2.30 **Bob's Burgers** (S11)
3.00 **Key & Peele**
3.20 **Guessable?**
4.05 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Takeshi's Castle**
10.00 **Most Ridiculous Ever!**
10.30 **Most Ridiculous: Christmas** Comical clips.
11.00 **Friends** (S9)
1.05 PM **Impractical Jokers**
4.00 **The Middle** (S9)
7.00 **Becker** 24/24. John becomes involved in a romantic triangle. (S4) **7.30** 1/22. John's feelings for Reggie and Chris get him in trouble. **8.00** 2/22. Chris thinks John is lying about wanting to be with her. **8.30** 3/22. Linda pretends to be from LA to impress a guy. (S5)
9.00 **Friends** (S5)
1.00 AM **The Middle** (S9)
2.00 **Criminally Funny**
3.00 **Reno 911!** (S6)
3.45 **Ugly Americans** (S1)
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **Ancient Aliens**
8.40 **Evidence of the Unexplained**
9.40 **Curse of Skinwalker Ranch** Documentary.
10.40 **Curse of Oak Island**
11.40 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Roswell 75: The Final Evidence** The crash of an extra terrestrial craft.
11.00 **Encounter: UFO**
12.00 M'T **Curse of Oak Island**
1.00 AM **Evidence of the Unexplained**
2.00 **Alone** Reality series.
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Auction Hunters**
5.00 **to 6.00** AM **Pawn Stars**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Eggheads**
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Walking Tudor England**
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild** In Croatia.
5.00 **Walking Tudor England**
6.00 **Inside the Tower of London** Documentary.
7.00 **Secrets of the Royal Palaces** Versaillles.
8.00 **Zara & Anne: Like Mother, Like Daughter?** Princess Anne and Zara Tindall.
9.00 **When Royals Break the Rules!** Customs that govern the royal family.
10.10 **Air Crash: Disaster Revealed** Documentary.
11.15 **Forged in Fire**
1.05 AM **Inside the Tower of London** Documentary.
2.05 **Dinosaur with Stephen Fry** The final days.
3.05 **to 4.00** AM **Eggheads**

HGTV
158 191 44 166

7.00 AM **The Woodland Workshop** A guitar case.
8.00 **Building the Dream**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Building the Dream**
4.00 **Escape to the Country**
5.00 **Woodland Workshop**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
9.00 **Fixer to Fabulous**
10.00 **NEW SERIES Barbie Dreamhouse Challenge** Transforming a home into a 'Barbie Dreamhouse'.
11.30 **Good Bones**
12.30 AM **Escape to the Country** Rural retreats.
1.30 **Woodland Workshop**
2.30 **House Hunters** New editions Double bill.
3.30 **to 4.00** AM **My Lottery Dream Home**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Donal MacIntyre's Murder Files**
12.00 NOON **The Fugitive** (S3)
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** Four editions, including at: **4.00** Toxicologists try to determine whether a man was poisoned. **4.30** A trail of stolen goods helps solve the murder of a young girl.
5.00 **The Fugitive** *Coralee:* 30/30. Richard Kimble discovers that negligence caused the death of a salvage diver. (S3)
6.00 **Donal MacIntyre's Murder Files** The murder of Vitalija Baliutaviciene.
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Donal MacIntyre's Murder Files** As 6pm.
2.00 **The Fugitive** As 5pm.
3.00 **Fatal Vows** Double bill.
4.55 **to 6.00** AM **Medical Detectives**

TLC
133 133 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints** Documentary.
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **Say Yes to the Dress**
8.00 **Helicopter ER** The crew land at Whitby Abbey. **9.00** An elderly farmer.
10.00 **Hoarding: Buried Alive**
12.00 M'T **Body Bizarre**
1.00 AM **My Strange Addiction** Double bill.
2.00 **Hoarding: Buried Alive**
3.00 **Taken at Birth**
4.00 **Say Yes to the Dress**
5.00 **to 6.00** AM **Helicopter ER**
+1 hour 233 365

HorrorXtra
317 171 69 138

8.00 AM **FILM The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
10.00 **Farscape** 1/22. (S1)
11.00 **FILM Journey to the Center of the Earth** Sci-fi. (2008, 12) ★
1.00 PM **FILM Moby Dick** Thriller. (2010, 12) ★★
3.00 **Farscape** 1/22. (S1)
4.00 **Battlestar Galactica**
5.00 **FILM Ape vs Monster** Sci-fi fantasy adventure. (2021, 12, 88min) ★★
7.00 **Farscape** 7/22. (S1)
8.00 **Battlestar Galactica**
9.00 **FILM An American Werewolf in Paris** Horror sequel starring Julie Delpy and Tom Everett Scott. (1997, 15, 102min) ★★
11.00 **FILM The Resident** Thriller. (2011, 15) ★★
1.00 **to 3.00** AM **FILM An American Werewolf in Paris** As shown at 9pm.
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Sun, Sea and A&E**
11.00 **Paramedics Australia**
12.00 NOON **Highway Cops**
1.00 PM **Send in the Dogs**
2.00 **Most Haunted** (S8)
4.00 **Warehouse 13** (S1)
6.00 **Supergirl** *Of Two Minds:* 16/23. A third Worldkiller shows up. **7.00** *Trinity:* 17/23. Kara braces herself. (S3)
8.00 **Paramedics Australia**
9.00 **Wolfe** 5/6. (S1)
10.00 **Road Wars**
11.00 **Brit Cops: Rapid Response** Documentary.
12.00 M'T **Motorway Patrol**
1.00 AM **A League of Their Own** With Judy Murray.
2.00 **Last King of the Cross**
3.00 **Duck Quacks Don't Echo** With Kathy Burke.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Hollywood Medium with Tyler Henry**
12.00 NOON **Botched**
1.30 PM **Kourtney & Kim Take New York**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Helping a couple wanting a divorce.
8.00 **Botched by Nature** Paul and Terry take their expertise on the road.
9.00 **Keeping Up with the Kardashians** Kim cannot handle her new puppy. **10.00** Kim gets big news about her family.
11.00 **Hollywood Medium**
12.00 M'T **Dr 90210**
1.00 AM **Rich Kids of Beverly Hills**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Very Cavallari**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Building Off the Grid**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Gold Rush: White Water**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers** Mike and Elvis try to resuscitate a 1974 Jaguar XJ6 that has not been on the road since 1990.
6.00 **Diesel Brothers** Revamping an old stretched six-door F650.

9.00 To Live or Die on Everest

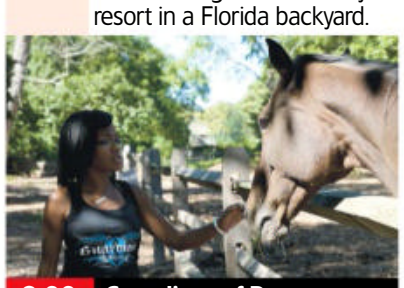
7.00 **Street Outlaws** After dominating the track, the kings of the street return to their roots, and Chief puts the 405 to test.
8.00 **Alaska: The Last Frontier** Kilcher road is threatened by a dangerous flood, and Atz Sr recovers from surgery
9.00 **To Live or Die on Everest** How eleven lives were lost after deadly weather conditions struck Mount Everest in 2019.
10.00 **Naked and Afraid XL** Two survivalists are on the brink after sub-freezing temperatures descend on the swamp.
12.00 M'T **Expedition Bigfoot** Specialists set out to locate the fabled bigfoot. The start of their search takes them to the forests of Oregon.
1.00 AM **To Live or Die on Everest** As shown at 9pm.
2.00 **Naked and Afraid XL**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 377

Animal Planet

162 178

8.00 AM **Insane Pools: Off the Deep End** A waterpark.
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A jungle oasis.
1.00 PM **Amanda to the Rescue**
2.00 **Expedition Bigfoot**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** A tribe of fainting goats.
6.00 **Insane Pools: Off the Deep End** Creating a Mexican-style resort in a Florida backyard.



8.00 Guardians of Rescue

7.00 **Amanda to the Rescue** Amanda Giese, her family and her friends tackle and treat the most hopeless canine cases.
8.00 **Guardians of Rescue** Dori revisits homeless veteran George to help clean his campsite, and finds a surprise.
9.00 **Guardians of Rescue** The Guardians go to Louisiana in the aftermath of floods to help rescue animals.
10.00 **Alaska: The Last Frontier** Eivin builds a motorised cart for Findlay, and there is a rush to fix a breached fence.
11.00 **Sharks of the Badlands** Testing new technology for shark detecting surveillance.
12.00 M'T **Shark Vortex**
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262 378

Nat Geographic

129 129 825 183

8.00 AM **Abandoned**
8.30 **Made in a Day**
9.00 **Air Crash Investigation: Special Report**
10.00 **Europe from Above**
11.00 **Ultimate Airport Dubai**
12.00 NOON **Car S.O.S**
1.00 PM **To Catch a Smuggler**
2.00 **Air Crash Investigation**
3.00 **World War II: Secrets From Above** Documentary.
4.00 **Nazi Megastructures**
5.00 **Buried Secrets of WWII**
6.00 **Lost Treasures of Egypt** The rise of mummification.

8.00 Last of the Giants

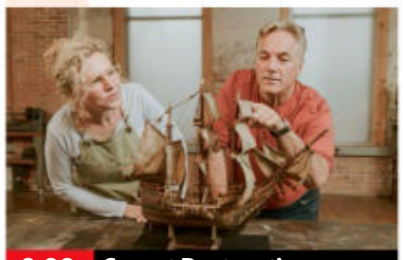
7.00 **Air Crash Investigation** The case of a Chinese plane that crashed minutes from touching down in Japan.
8.00 **NEW SERIES Last of the Giants: Wild Fish** The team work with scientists in Argentina to locate the short-tailed river stingray.
9.00 **Wicked Tuna** New edition Buyers take a much-needed break to relieve their inventory and improve the market.
10.00 **Lawless Island** New edition Novice crabber Matt Carlson breaks in his new boat in an iceberg minefield.
11.00 **Air Crash Investigation**
12.00 M'T **Airport Security**
1.00 AM **Banged Up Abroad**
2.00 **Lords of War** Double bill.
2.55 **Made in a Day**
3.20 **Food Factory**
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229 383

Sky History

123 123 821 133 353 368

6.00 AM **Forged in Fire**
7.00 **Salvage Kings**
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **Swamp People: Serpent Invasion** Documentary.
11.00 **Craig Charles: UFO Conspiracies**
12.00 NOON **River Hunters**
1.00 PM **Salvage Kings**
2.00 **What on Earth?**
4.00 **The Liquidator** Double bill.
5.00 **Pawn Stars** Rick goes to Los Angeles for a shopping spree.
6.00 **American Pickers**



9.00 Secret Restoration

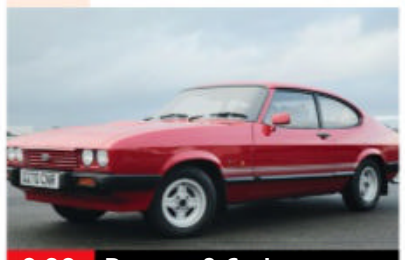
7.00 **Forged in Fire** The competition heats up as the bladesmiths create a san mai billet in the most complex challenge yet.
8.00 **Auction Hunters** Ton Jones and Allen Haff run into an old rival. **8.30** The traders acquire vintage Masonic swords.
9.00 **Secret Restoration** New edition Dave and Leah restore an 1800s cannon as a surprise for a history-loving husband.
10.00 **Dirty Old Cars** An almost 100-year-old Model needs an overhaul. **10.30** A Honda CRX that's literally in pieces.
11.00 **Counting Cars**
12.00 M'T **Pawn Stars** As 5pm.
1.00 AM **Auction Hunters**
2.00 **Secrets of the Chippendales Murders** The FBI team up with actor Ray Colon, who leads agents on a manhunt.
3.00 **What on Earth?**
5.00 **to 6.00** AM **The Liquidator**

+1 hour 223 333

Yesterday

155 155 846 129 27 159

6.10 AM **Secrets of the Transport Museum** Double bill.
8.00 **Abandoned Engineering**
10.00 **War Factories**
11.00 **The World at War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Travel Man: 48 Hours in Rome** With Matt Lucas.
1.30 **Travel Man: 48 Hours in Valencia** With Sara Pascoe.
2.00 **Bangers & Cash**
4.00 **The World at War**
5.00 **War Factories**
6.00 **How to Build a Motor Car**



9.00 Bangers & Cash

7.00 **Bangers & Cash: Restoring Classics** A sun-bleached red Vauxhall Astra GTE gives the team a headache. **7 PM**
8.00 **Bangers & Cash** Derek dives into the lost Jowett marque, as a Bradford-built 1952 Javelin finds an unexpected home. **8 PM**
9.00 **Bangers & Cash: Restoring Classics** Derek thinks a 29,000-mile Ford Capri should be kept original. **9 PM**
10.00 **Bangers & Cash** A classic car fan with a love of the Jaguar E-Type reluctantly sends his dream car to auction. **10 PM**
11.00 **Abandoned Engineering** Exploring Tskaltubo, a spa built to host a fearsome dictator.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Secrets of the Transport Museum** Documentary.
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Supertruckers**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A bomber jacket.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters**
9.00 **Supercar Showroom** New edition Ellie hits the runway on her first ever drive.
10.00 **FILM Maverick** Comedy Western starring Mel Gibson. (1994, PG, 127min) ★★★
1.00 AM **Massive Engineering Mistakes** Documentary.
2.00 **Supertruckers**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Disappeared** Angel Garcia.
11.00 **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **Disappeared** William McGrath.
3.00 **Crimes Gone Viral**
4.00 **Lauryn Is Lost: A Disappeared Special**
5.00 **Say Yes to the Dress**
6.00 **Say Yes to the Dress: Lancashire** Reality series.
7.00 **Long Lost Family**
8.00 **Murder Under the Friday Night Lights** Crime series.
9.00 **Murder on CCTV**
10.00 **Evil Lives Here: Shadows of Death** New edition Detectives uncover a grim secret when investigating the disappearance of 14-year-old Kristy Ohnstad, who never came home.
11.00 **Web of Lies** Documentary.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** Police uncover disturbing evidence about a woman's killer. **7.30** A successful estate agent is murdered, prompting panicked townspeople to retreat behind closed doors.
8.00 **See No Evil** Hufracio Arteaga is found stabbed to death in his Michigan City office.
9.00 **Crimes That Shook Australia** The Queen Street massacre. **10.00** A serial killer who followed in his uncle's footsteps.
11.00 **To Catch a Killer** Documentary following a squad of officers, aided by civilians, as its members investigate unsolved murders in the Toronto area.
12.00 M'T **Cold Justice** A look at the 2016 homicide of a mother.
1.00 AM **Crimes That Shook Australia** As 9pm & 10pm.
3.00 **See No Evil** As shown at 8pm.
3.50 **Medical Detectives**
4.15 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Forensics: Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **When Life Means Life**
6.00 **Forensics: Catching the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Torso Killer**
11.00 **The Real Manhunter: The Disappearance of Maureen Hale** Crime documentary.
12.00 M'T **World's Most Evil Killers**
1.00 AM **Killer in My Village**
2.00 **Murders That Shocked the Nation** The A6 murderer.
3.00 **Murdered at First Sight**
4.00 **When Life Means Life**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 321

PBS America

174 187 84 155

8.00 AM **The Lie Detector**
9.25 **Billy the Kid** As 7.20pm.
10.35 **Muhammad Ali**
1.00 PM **Beautiful Serengeti**
1.30 **The Lie Detector**
2.40 **Billy the Kid** As 7.20pm.
3.50 **Muhammad Ali**
6.10 **The Lie Detector** Investigating the polygraph machine, the device that transformed modern police work, seized headlines and was extolled as an infallible crime-fighting tool.
7.20 **Billy the Kid** The story of the American outlaw who repeatedly escaped capture. The criminal with a deadly reputation was finally gunned down by sheriff Pat Garrett in July 1881.
8.30 **Muhammad Ali** A look at how the boxer faced his fiercest rival Joe Frazier in the 'Fight of the Century' as he attempted to come back from exile and regain his heavyweight title.
10.50 **Billy the Kid** As 7.20pm.
12.00 M'T **The Lie Detector**
1.15 **to 2.00** AM **Beautiful Serengeti**

THURSDAY

Thursday

Sky Documentaries

121 121 819 188 352 367

6.00 AM **Fish Town**
7.00 **Discovering: Sean Connery**
8.00 **The Directors**
8.55 **Gaming Wall St**
10.00 **Exterminate All the Brutes**
11.10 **The Movies** As 8.05pm.
12.00 NOON **At the Heart of Gold: Inside the USA Gymnastics Scandal** Documentary.
1.50 PM **My Icon: Kadeena Cox**
2.00 **To End All War: Oppenheimer and the Atomic Bomb**
3.45 **My Icon: Denise Lewis**
4.00 **The Directors**
5.00 **Discovering: Sean Connery**
6.00 **First Ladies** Nancy Reagan.
7.00 **Gaming Wall St** A movement is formed dedicated to holding Wall Street accountable.
8.05 **The Movies** Cult classics from *ET* to *The Breakfast Club*.
9.00 **Right to Fight**
10.50 **Queen of Speed**
12.40 AM **Console Wars**
2.30 **Assassins** Documentary.
4.30 **Premier League Legends**
5.00 **to 6.00** AM **Discovering: Sean Connery**

Sky Nature

124 124 822 189 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life** As 7.00pm.
8.00 **Secret Life of the Kangaroo**
9.00 **A Wild Year on Earth**
10.00 **Great Blue Wild**
11.00 **Mysteries of the Mekong**
12.00 NOON **Guardians of the Wild**
1.00 PM **Monkey Life**
2.00 **Secret Life of the Kangaroo**
3.00 **A Wild Year on Earth**
4.00 **Great Blue Wild**
5.00 **Mysteries of the Mekong**
6.00 **Guardians of the Wild**
7.00 **Monkey Life** A four-month-old woolly monkey is hand-reared.
8.00 **Secrets of Wild Australia** The importance of waterholes in the dry landscape.
9.00 **Into the Wild: India** Following baby rhino Rajah and his mother.
10.00 **Mysteries of the Mekong**
11.00 **Guardians of the Wild**
1.00 AM **Beasts of the Big Blue**
2.00 **Secrets of Wild Australia**
3.00 **Into the Wild: India**
4.00 **Secret Life of the Kangaroo**
5.00 **to 6.00** AM **A Wild Year on Earth**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Rust Valley Restorers**
9.00 **Alien Files: Unsealed**
10.00 **Strangest Things**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Digging for Britain**
2.00 **Digging Up Britain's Past**
3.00 **D-Day: The Light of Dawn**
4.00 **Alien Files: Unsealed**
5.00 **UFOs Declassified**
6.00 **Cities of the Underworld**
7.00 **Treasures Decoded**
8.00 **Rust Valley Restorers** Mike converts a 1957 GMC truck to run on alcohol for a truck-obsessed teenage girl.
9.00 **The Abyss: Rise & Fall of the Nazis** The use of Sobibor as a camp in Operation Reinhard.
10.00 **Curse of the Ancients** The notion that man's ancestors believed they were cursed.
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Rust Valley Restorers**
3.00 **Inside the Tower of London**
4.00 **Digging for Britain**
5.00 **to 6.00** AM **Digging Up Britain's Past**

Crime+Investigation

156 156 837 131

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Sunshine Slayings**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Murdered by Morning**
3.00 **Snapped Behind Bars**
4.00 **Robbie Coltrane's Critical Evidence** Dennis Smalley.
5.00 **Homicide Hunter**
6.00 **The First 48**
7.00 **The First 48: The Detective Speaks** Documentary.
8.00 **Sunshine Slayings** New edition
9.00 **Interrogation Raw** New edition
10.00 **After the First 48**
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Interrogation Raw**
2.00 **Robbie Coltrane's Critical Evidence** Dennis Smalley.
3.00 **Murdered by Morning**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **Real Murders of Atlanta**

+1 hour 256 331

WILD

165 165 841 182

8.00 AM **Bizarre Animal Friends**
9.00 **Wild Hawaii**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **When Sharks Attack**
3.00 **Hostile Planet**
4.00 **Secrets of the Zoo**
5.00 **Fish Tank Kings**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** The bears and panthers get their habitats upgraded.
8.00 **NEW Sharkcano: Hawaii** Why a wide variety of sharks are drawn to Hawaii's volcanoes.
9.00 **Great White Vs Tiger Shark**
10.00 **When Sharks Attack** A fishing haven with a history of shocking shark attacks.
11.00 **Shark Attack Files**
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Wild Russia: Earth's Last Great Wilderness**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers**
7.00 **Devonport: Inside the Royal Navy** Life on *HMS Ocean*.
8.00 **Unsolved History**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
11.00 **How the Universe Works**
12.00 NOON **Mysteries at the Castle**
1.00 PM **Combat Dealers**
2.00 **Devonport: Inside the Royal Navy** Captain Anderson oversees a test of a 4.5 inch gun on *HMS Sutherland*.
3.00 **Blowing Up History**
4.00 **The Alaska Triangle**
5.00 **Unsolved History**
6.00 **Mysteries at the Castle**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 M'T **Combat Dealers**
2.00 AM **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Africa From Above**
10.00 **Conquerors** As 9.00pm.
11.00 **The Zoo** Double bill of editions.
12.00 NOON **The Life of Birds**
2.00 PM **Africa From Above**
3.00 **Impossible Engineering**
5.00 **Conquerors** As 9.00pm.
6.00 **The Zoo** Double bill of editions.
7.00 **The Life of Birds**
8.00 **Impossible Engineering** A look at the biggest aeroplane ever built – Stratolaunch.
9.00 **Conquerors** Examining the success of the king crab.
10.00 **The Zoo** An elderly rhino recovering from a skin condition needs treatment. **10.30** A heatwave poses a unique set of challenges.
11.00 **The Life of Birds**
12.00 M'T **Impossible Engineering**
1.00 AM **Africa From Above**
2.00 **Conquerors** As 9.00pm.
3.00 **The Zoo** Double bill of editions.
3.50 **Africa From Above**
4.40 **Conquerors** As 9.00pm.
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared** Rachel Cooke.
5.00 **Southern Fried Homicide**
6.00 **Forensic Detectives**
8.00 **Still a Mystery** A case in which a 19-year-old woman vanished after going to a party.
9.00 **The Co-Ed Killer: Mind of a Monster** Ed Kemper appears to be a gentle giant who offers rides to female hitchhikers, but behind his charming smile lurks a perverted monster.
12.00 M'T **Still a Mystery** The deaths of two female TV anchors.
1.00 AM **Betrayed**
2.00 **The 1980s: The Deadliest Decade** Betty Gore's murder.
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Scrap Kings**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Wheeler Dealers**
9.00 **Mega Shippers**
10.00 **Garage Squad**
11.00 **Junkyard Empire**
12.00 NOON **Chasing Classic Cars**
1.00 PM **Fifth Gear**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Arctic Ice Railroad**
5.00 **Outback Truckers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Wheeler Dealers**
8.00 **Arctic Ice Railroad** The extreme conditions threaten to derail cargo.
9.00 **Garage Squad** Two pickup trucks in need of a lot of work.
10.00 **Demolition Down Under**
11.00 **Mega Shippers**
12.00 M'T **Arctic Ice Railroad**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud Revved Up**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.10 AM **The Locksmith** (2022)
7.50 **Seriously Red** Comedy. (2022, 15, 104min) ★★★
9.40 **The Woman King** Drama. (2022, 15, 135min) ★★★★
11.55 **Don't Worry Darling** Thriller. (2022, 15, 123min) ★★★
2.00 PM **Armageddon Time**
4.00 **Broker** South Korean comedy with Song Kang-ho. Subtitled. (2022, 12, 124min) ★★★★
6.15 **Breaking Point** Drama. (2023, 12, 102min) ★★★

4.00 Broker

8.00 **Armageddon Time** Drama starring Banks Repeta, Jaylin Webb and Anne Hathaway. A friendship between two students is tested by prejudices in 1980s New York. (2022, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Locksmith** Mystery drama starring Ryan Phillippe, Kate Bosworth and Ving Rhames. A former criminal is forced to use his skills as a gifted locksmith. (2022, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **PREMIERE Babylon** Comedy drama starring Brad Pitt. *See review, page 22.* (2022, 18, 188min) ★★★★
3.20 **to 6.00** AM **Emily** Drama. (2022, 15, 130min) ★★★★

+1 hour 312

Sky Cinema Screen Queens

303 303 403 503 517

6.00 AM **Steel Magnolias** (1989)
8.00 **Focus** As shown at 10.10pm.
9.50 **The 355** Action thriller. (2022, 12, 122min) ★★★
11.55 **First Wives Club** Comedy. (1996, PG, 102min) ★★★
1.45 PM **Erin Brockovich** Drama. (2000, 15, 133min) ★★★★
4.00 **Ghost** Romantic fantasy. (1990, 12, 127min) ★★★★
6.10 **Sleepless in Seattle** Comedy starring Tom Hanks. (1993, PG, 105min) ★★★★★

4.00 Ghost

8.00 **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner woos a Hollywood star. With Rhys Ifans. (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Focus** Comedy drama starring Will Smith and Margot Robbie. A veteran conman's latest heist looks set to be scuppered by a femme fatale from his past. (2015, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Scream** Horror sequel. (2022, 18, 114min) ★★★★
2.05 AM **Last Night in Soho** Mystery starring Thomasin McKenzie. (2021, 18, 116min) ★★★★
4.10 **to 6.20** AM **Steel Magnolias** Comedy starring Sally Field. (1989, PG, 115min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.45 AM **Death in Texas** (2020)
9.35 **Minari** Romantic drama. (2020, 12, 115min) ★★★★
11.40 **Coach Carter** Sports drama. (2004, 12, 136min) ★★★
2.00 PM **Monster's Ball** Crime drama starring Halle Berry. (2002, 15, 111min) ★★★★
4.00 **The Fighter** Drama with Mark Wahlberg and Amy Adams. (2010, 15, 116min) ★★★★
6.05 **Dear John** Romantic drama starring Channing Tatum. (2010, 12, 108min) ★★
8.00 **Birdy** Drama starring Nicolas Cage and Matthew Modine as childhood friends who are reunited as Vietnam war veterans in a psychiatric hospital. (1984, 15, 120min) ★★★★
10.10 **Cold Mountain** Anthony Minghella's romantic drama starring Jude Law, Nicole Kidman and Renée Zellweger. (2003, 15, 152min) ★★★
12.50 AM **Death in Texas** Crime drama starring Bruce Dern. (2020, 15, 101min) ★★
2.40 **Sundown** Drama with Tim Roth. (2021, 15, 82min) ★★★★
4.10 **to 6.15** AM **20th Century Women** Comedy drama. (2016, 15, 119min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

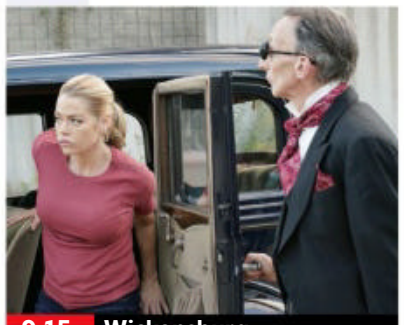
6.20 AM **The Mortal Instruments: City of Bones** Adventure. (2013, 12, 127min) ★★★
8.35 **Looper** As shown at 8.00pm.
10.35 **The Matrix** Sci-fi action thriller. (1999, 15, 136min) ★★★★
12.55 PM **Matrix Reloaded** Thriller sequel. (2003, 15) ★★★★
3.15 **The Matrix Revolutions** Sci-fi action thriller sequel. (2003, 15, 129min) ★★★
5.30 **The Matrix: Resurrections** Sci-fi action thriller sequel. (2021, 15, 148min) ★★★
8.00 **Looper** Thriller starring Joseph Gordon-Levitt and Emily Blunt. (2012, 15, 119min) ★★★★
10.00 **Watchmen** Sci-fi action thriller starring Malin Akerman, Billy Crudup, Matthew Goode and Jackie Earle Haley. In an alternative 1985 America, a group of retired superheroes uncover a plot to kill them. (2009, 18, 162min) ★★★★
12.45 AM **Halloween Kills** Horror sequel with Jamie Lee Curtis. (2021, 18, 105min) ★★★★
2.35 **Godzilla** Hollywood remake of the Japanese monster movie. (1998, PG, 139min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

7.40 AM **Wickensburg** As 9.15pm.
9.15 **Alvin and the Chipmunks** Comedy. (2007, U) ★★★
10.50 **Spy Kids 3: Game Over** Adventure. (2003, U) ★★★
12.20 PM **The Karate Kid: Part III** Adventure. (1989, PG) ★
2.20 **Dakota** (2022, PG) ★★
4.00 **Alvin and the Chipmunks: Squeakquel** (2009, U) ★★
5.40 **Penelope** (2006, U) ★★★
7.20 **The Next Karate Kid** Martial arts sequel. (1994, PG) ★★


9.15 Wickensburg

The Next Karate Kid (film started at 7.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Wickensburg** Adventure starring Denise Richards. A mother and her young son move to a new small town, but soon discover the area harbours a dark secret. (2022, PG, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **DC Super Hero Girls: Intergalactic Games** Animated adventure with the voice of Grey Griffin. (2017, PG, 77min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **C.I.Ape** Family comedy. (2021, PG, 82min) ★
1.55 **Dakota** As shown at 2.20pm.
3.35 **DC Super Hero Girls: Intergalactic Games** (2017)
5.05 **to 6.45** AM **Tarzan** Animation with the voice of Kellan Lutz. (2013, PG, 94min) ★★

Sky Cinema Action

307 307 407 507 521

7.50 AM **Wonder Woman** Adventure. (2009, PG) ★★★
9.10 **Fast & Furious 5** Thriller sequel. (2011, 12) ★★★
11.25 **Impossible Missions**
12.15 PM **Paper Tigers** Comedy. (2020, 12, 108min) ★★★
2.20 **Resident Evil: Extinction** Thriller. (2007, 15) ★★
4.00 **Charlie's Angels** Comedy. (2000, 15, 97min) ★★★★
5.40 **Fast & Furious 7** Thriller sequel. (2015, 12) ★★★★

10.00 Bullet to the Head

8.00 **The Lost City** Adventure starring Sandra Bullock and Channing Tatum. A novelist on a tour with her cover model gets swept up in a kinapping attempt that lands both in danger. (2022, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bullet to the Head** Action thriller starring Sylvester Stallone and Sung Kang. A New Orleans hitman and a visiting Washington DC cop reluctantly team up to defeat two corrupt property tycoons. With Sarah Shahi. (2012, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Homefront** Action thriller. (2013, 15, 98min) ★★★
1.20 AM **The Lost City** As 8.00pm.
3.15 **Charlie's Angels** As 4.00pm.
5.05 **to 7.00** AM **The Paper Tigers** As shown at 12.15pm.

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **How to Please a Woman**
7.50 **Breaking News in Yuba County** (2021, 15) ★★
9.30 **Dinner for Schmucks**
11.30 **That Awkward Moment**
1.10 PM **The World's End** Comedy. (2013, 15, 109min) ★★★★★
3.00 **Big Daddy** Comedy drama. (1999, 12, 95min) ★★★
4.40 **Kinky Boots** Offbeat comedy. (2005, 12, 107min) ★★★★
6.30 **A Night at the Roxbury** Comedy. (1998, 15, 82min) ★

9.45 The Joneses

8.00 **The Boss** Comedy starring Melissa McCarthy. A disgraced entrepreneur looks to launch a comeback with the help of her long-suffering former assistant. (2015, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Joneses** Comedy drama starring Demi Moore. A family move house and soon become the envy of the neighbourhood. (2009, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **I Love You Phillip Morris** Comedy starring Jim Carrey. (2009, 15, 97min) ★★★
1.25 AM **Dinner for Schmucks** Comedy starring Steve Carell. (2010, 12, 113min) ★★★
3.30 **That Awkward Moment** Comedy starring Zac Efron. (2014, 15, 92min) ★★
5.20 **to 7.20** AM **How to Please a Woman** Drama starring Sally Phillips and Alexander England. (2022, 15, 107min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **No Man of God** (2021)
7.55 **The Dry** Crime drama. (2020, 15, 117min) ★★★★
9.55 **Marlowe** Crime thriller. (2022, 15, 110min) ★★
11.45 **The Sweeney** Action thriller. (2012, 15, 112min) ★★★
1.45 PM **Everest** Adventure. (2015, 12, 121min) ★★★★
3.50 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
6.05 **Snitch** Action crime thriller. (2013, 12, 107min) ★★★

8.00 Four Brothers

8.00 **Four Brothers** Revenge thriller starring Mark Wahlberg and Tyrese Gibson. Four adoptive brothers take the law into their own hands after the woman who raised them is killed in a store robbery in Detroit. (2005, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Kiss the Girls** Thriller with Morgan Freeman. A forensic psychologist strives to catch a serial kidnapper with the help of a doctor who escaped his clutches. (1997, 18, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Limitless** Action thriller starring Bradley Cooper. (2011, 15, 104min) ★★★★
2.15 **No Man of God** Fact-based drama starring Elijah Wood. (2021, 15, 100min) ★★★★
4.10 **to 6.00** AM **Dual** Sci-fi thriller starring Karen Gillan. (2022, 15, 94min) ★★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Green Man** Farcical British black comedy thriller. (1956, b/w, PG, 76min) ★★★
12.40 PM **The Bridge on the River Kwai** World War Two drama. (1957, PG, 161min) ★★★★★
4.05 **Annie** Film version of the hit Broadway musical with Albert Finney. (1982, U, 128min) ★★
6.45 **Instant Family** Comedy starring Mark Wahlberg. (2018, 12, 118min) ★★★★

6.45 Instant Family

Instant Family (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. (2016, 12, 116min) ★★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Collateral** Thriller starring Tom Cruise. A contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. (2004, 15, 120min) ★★★★ **11 PM**
1.40 **to 3.35** AM **Caught in Time** Chinese action crime thriller starring Daniel Wu. Subtitled. (2020, 15, 95min) ★★★

+1 hour 314 430 47 301

Sky Cinema Blockbusters

302 302 402 502 516

6.00 AM **Ace Ventura Pet Detective** As 1.50am.
7.30 **Meet the Fockers** As 6.05pm.
9.30 **Ted** As shown at 8.00pm.
11.20 **Ted 2** As shown at 10.00pm.
1.20 PM **Angels & Demons** Thriller. (2009, 12, 138min) ★★
3.40 **Forrest Gump** Multi-Oscar-winning whimsical fable starring Tom Hanks and Robin Wright. (1994, 12, 136min) ★★★★

6.05 **Meet the Fockers** Comedy sequel starring Robert De Niro. (2004, 12, 115min) ★★★
8.00 **Ted** Comedy starring Mark Wahlberg. A 35-year-old slacker's best friend is the teddy bear who magically came to life. (2012, 15, 106min) ★★★
10.00 **Ted 2** Comedy sequel starring Mark Wahlberg and the voice of Seth MacFarlane. (2015, 15, 112min) ★★★
12.10 AM **Liar Liar** Comedy. (1997, 12, 86min) ★★★★

1.50 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
3.30 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Carry On Spying** (1964)
7.30 **The Last Samurai** As 2.00am.
10.05 **The Fog** Supernatural chiller. (1979, 15, 90min) ★★★
11.40 **Legend** Fantasy adventure. (1985, PG, 94min) ★★★
1.20 PM **Oh! What a Lovely War** Musical with Ralph Richardson. (1969, PG, 144min) ★★★★
3.45 **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★

5.30 **Guys and Dolls** Musical. (1955, U, 150min) ★★★★
8.00 **The Last of the Mohicans** Romantic adventure starring Daniel Day-Lewis. In 1757, during the Anglo-French war in America, a frontiersman tries to rescue two kidnapped women. (1992, 15, 122min) ★★★★
9.55 **The Duellists** Drama starring Keith Carradine and Harvey Keitel as French officers who fight a series of duels of honour. (1977, PG, 101min) ★★★★

11.40 **Serpico** Fact-based drama. (1973, 18, 130min) ★★★★
2.00 AM **The Last Samurai** Action drama starring Tom Cruise. (2003, 15, 154min) ★★★★
4.40 **to 6.15** AM **Carry On Spying** Comedy with Kenneth Williams. (1964, b/w, U, 84min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.50 AM **Batman Unlimited: Mechs vs Mutants** As 12.15am.
8.10 **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
9.45 **Scooby-Doo! Return to Zombie Island** (2019, U) ★★★
11.20 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
12.55 PM **Rock Dog 3: Battle the Beat** Animation. (2022, U) ★★

2.35 **Lego DC Shazam!: Magic and Monsters** (2020, U) ★★★
4.00 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
5.35 **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
7.20 **Shrek the Third** Animated comedy adventure sequel. (2007, U, 88min) ★★★★
9.05 **Free Birds** Animated comedy. (2013, U, 91min) ★★
10.50 **Samsam** Animated adventure. (2019, U, 77min) ★★★

12.15 AM **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
1.35 **Lego DC Shazam!: Magic and Monsters** As 2.35pm.
3.00 **Free Birds** As 9.05pm.
4.35 **Sky Cinema Preview**
5.10 **to 6.40** AM **Mia and Me: Hero of Centopia** (2022, U) ★★★

Movies 24

325 419

7.00 AM **Christmas by Starlight** Drama. (2020, PG, 89min) ★★
9.00 **Ghosts of Christmas Always** Fantasy. (2022, PG, 90min) ★★
11.00 **Nostalgic Christmas** Romantic drama. (2019, PG, 84min) ★★
1.00 PM **Check Inn to Christmas** Drama starring Rachel Boston. (2019, PG, 84min) ★★
3.00 **Cross Country Christmas** Drama. (2020, PG, 83min) ★★

5.00 **Three Sisters at the Christmas Chateau** Drama starring Kinsey Leigh Redmond and Justen Jones. (2019, PG, 98min) ★★
7.00 **Christmas Stars** Romantic comedy starring Erica Durance. (2019, PG, 88min) ★★
9.00 **Bells Are Ringing: Christmas in Evergreen** Romantic drama starring Holly Robinson Peete. (2020, U, 89min) ★★
11.00 **Christmas Bedtime Stories** Drama starring Erin Cahill. (2022, PG, 90min) ★★

1.00 AM **A Christmas Movie Christmas** Romantic comedy. (2019, PG, 85min) ★★
3.00 **to 5.00** AM **'Tis the Season to Be Merry** Romantic comedy. (2021, PG, 90min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **The Larkins** 5/6. (S1)
6.30 **Painted Boats** Drama. (1945, b/w, U, 57min) ★★
7.45 **The Marked One** Thriller. (1963, U, 65min) ★★
9.00 **Black Saddle** 10/24. (S2)
9.30 **Bullet Scars** Gangster drama. (1942, b/w, PG, 50min) ★★
10.45 **Dick Barton Strikes Back** Thriller. (1949, b/w, U) ★★
12.15 PM **Look at Life** Documentary.

12.30 **The Ship That Died of Shame** Drama. (1955, PG, 91min) ★★
2.30 **Crown Court** 11/39. (S1)
3.00 **Another Man's Poison** Drama. (1951, b/w, PG, 90min) ★★
4.45 **Jackpot** Crime drama. (1960, b/w, PG, 71min) ★★
6.10 **Treasure Island** Adventure. (1971, U, 95min) ★★★
8.00 **The Saint** 21/23. (S3)
9.00 **Rumpole of the Bailey** (S2)
10.05 **Rita, Sue and Bob Too** Drama starring Michelle Holmes. (1986, 18, 93min) ★★

11.50 **The Man Who Cheated Himself** Drama with Lee J Cobb. (1950, b/w, PG, 81min) ★★
1.30 AM **Bed Sitting Room** Comedy. (1969, PG, 91min) ★★
3.15 **Charade** Romantic comedy. (1963, PG, 114min) ★★★★★
5.35 **to 6.00** AM **All Living Things**

Thursday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News** Round-up of the sports news with analysis, comment, and extended interviews with the headline-makers.
6.30 LIVE **The Open** Coverage of the first day of the tournament, which takes place at Royal Liverpool Golf Club. *See feature, page 28.*
11.00 LIVE **The Ashes England v Australia.** Coverage of the second day's play of the fourth Test in the five-match series from Emirates Old Trafford, Manchester.
6.30 PM LIVE **The Open** Further coverage of the first day of the tournament, staged at Royal Liverpool Golf Club in Hoylake.
8.30 LIVE **World Matchplay Darts** Coverage of the sixth day of the tournament, which takes place at Winter Gardens in Blackpool, and features the first two quarter-finals.
11.00 LIVE **PGA Tour Golf** Coverage of the first day of the Barracuda Championship, which takes place at Tahoe Mountain Club's Old Greenwood Golf Course in Truckee, California.
1.00 to 6.00 AM **Sky Sports News** Round-up of the sports news with live analysis and comment.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 Premier League Stories
7.30 World Cup Breakfast
8.00 Premier League Best Goals
8.30 World Cup Breakfast
9.00 Premier League Highlights
9.30 MNF Hlts Action from Everton v Tottenham Hotspur.
10.00 PL Retro A replay of Leicester City v West Ham United in 2016.
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 PL Greatest Games
4.00 Premier League Highlights
4.30 Premier League Stories
5.00 Premier League Review
7.00 MNF Hlts Recent action.
8.00 Gary Neville's Soccerbox
8.30 Premier League Stories
9.00 The Fall and Rise of Leeds United Documentary.
10.00 Premier League Icons
10.30 PL Retro Bolton Wanderers v Chelsea in the 2004/05 season.
12.30 AM **Premier League Icons**
1.00 Premier League Years
3.00 PL Greatest Games
4.00 PL Best Goals 2015/16
5.00 Premier League Best Goals
5.30 to 6.00 AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Play-off Final C'Ship 2015/16** Another chance to see Hull City v Sheffield Wednesday.
7.00 EFL Play-off Final League 1 2015/16 Barnsley v Millwall.
8.00 EFL Play-off Final League 2 2015/16 A chance to see AFC Wimbledon v Plymouth Argyle.
9.00 SPFL Greatest Games
9.30 EFL Greatest Games
10.00 Championship Retro
12.00 NOON **EFL Cup Retro**
2.45 PM **EFL Greatest Games**
3.00 Championship Retro Aston Villa v Derby in the 2018/19 Championship play-off final.
5.00 EFL Greatest Games
5.30 SPFL Greatest Games
6.00 EFL Cup Retro Birmingham City v Arsenal in the 2011 final.
8.00 The Ashes Action from day two of the fourth Test in Manchester.
9.00 Championship Retro A replay of Charlton Athletic v Sunderland in the 1998 play-off final.
11.45 EFL Greatest Games
12.00 M'T **There's Only One Sauzee**
12.30 AM **Best Scottish Premiership Goals 2021/22** Archive action.
1.00 to 6.00 AM **SPFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Captain's Log**
7.00 The Ashes England v Australia.
8.00 The Ashes Bitesize England v Australia on the first day of the fourth Test of the series.
8.15 My Icon Charlotte Edwards.
8.30 The Ashes England v Australia.
9.30 Ashes Memories
10.00 The Ashes Bitesize
10.15 LIVE **The Ashes England v Australia.** Coverage of the second day of the fourth Test in the five-match series from Emirates Old Trafford, Manchester.
7.00 PM **Secrets of Success**
7.30 Talking Cricket A look back at the 1974/75 Ashes series.
8.00 The Ashes England v Australia.
9.00 Women's Ashes
10.00 The Ashes England v Australia.
11.00 The Ashes Bitesize
11.15 Talking Cricket
11.45 The Ashes Bitesize
12.00 M'T **Vitality T20 Blast Cricket**
3.35 AM **Ashes Greats**
4.00 The Ashes England v Australia.
5.00 25 Years of Women's Cricket on Sky Memorable moments.
5.25 Ace: A Programme For Change Documentary.
5.50 to 6.00 AM **Ashes Greats**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Chronicles of a Champion Golfer** A profile of Jack Nicklaus.
6.30 LIVE **The Open** Coverage of the first day of the tournament, which takes place at Royal Liverpool Golf Club in Hoylake, Merseyside. *See feature, page 28.*
1.00 PM LIVE **The Open** Further coverage of the first day of the tournament from Merseyside.
9.00 The Open Reaction to and analysis of the first day of the 151st Open Championship.
9.30 The Open Action from the first day of the tournament, which took place at Royal Liverpool Golf Club.
10.30 LIVE **PGA Tour Golf** Coverage of the first day of the Barracuda Championship, staged at Tahoe Mountain Club's Old Greenwood Golf Course in Truckee, California.
1.00 AM **The Open** Action from the first day of the tournament, staged at Royal Liverpool Golf Club.
2.00 The Open Verdict
2.30 Chronicles of a Champion Golfer Profiles of leading players.
4.00 The Open Action from day one.
5.00 The Open Verdict
5.30 to 6.00 AM **Chronicles of a Champion Golfer**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **Ariel Helwani Meets**
7.15 WWE NXT Wrestling action.
9.00 Ariel Helwani Meets
9.30 Immortals Five editions.
12.30 PM **Test Cricket Highlights**
2.30 LIVE **Test Cricket West Indies v India.** Coverage of the first day of the second and final Test in the series from Queen's Park Oval in Port of Spain. The home side have won four out of the last 10 Test series, while the visitors have fared slightly better with six wins in their last 10. India are also unbeaten in their last four series, having last lost 2-1 in South Africa in early 2022.
11.00 Rio Ferdinand's Between the Lines An interview with Manchester United's Bruno Fernandes.
11.30 WSL Challenger Tour All the action from the Ballito Pro.
12.30 AM **World Poker Tour Series** Action from the Baccarat Crystal Tournament of Champions.
2.30 TNT Sports Reload
2.45 Badminton Weekly
3.00 to 6.00 AM LIVE **Badminton** Coverage of the quarter-finals of the Korea Open, which takes place at Yeosu Jinnam Stadium in Yeosu, South Korea.

TNT Sports 2

411 411 871 | 528 | 409 431

9.30 AM **PSA Squash Highlights**
10.30 Vanarama National League
11.30 TNT Sports Reload
12.00 NOON **FIM JuniorGP Championship** All the action from the first race of the JuniorGP in Barcelona.
4.30 PM **WRC Review**
5.30 The WRC Magazine
6.00 LIVE **World Rally Championship** The first day of the latest round of the season, from Raadi Airfield in Estonia.
7.00 Down the Clubhouse
8.00 TNT Sports Reload The best bits from TNT Sports over the last week.
8.30 Premier League Stories
9.00 WWE NXT Highlights
10.00 MLB: Off the Bat
10.30 LIVE **Major League Cricket Washington Freedom v San Francisco Unicorns.** Coverage of the T20 match from Church Street Park in Morrisville, North Carolina.
2.30 AM **Classic Ligue 1** Paris Saint-Germain v Montpellier from the 2011/12 season.
3.00 Irish Rally Review
4.00 to 6.00 AM **V8 Supercars Highlights**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **UEFA Champions League**
9.00 Serie A AC Milan v Napoli.
10.00 Inter Milan v AS Roma.
11.00 AC Milan v Juventus.
12.00 NOON Action from Cremonese v Napoli.
1.00 PM Napoli v Bologna.
2.00 UEFA Champions League Action from qualifying matches.
5.00 LIVE **MLB Atlanta Braves v Arizona Diamondbacks.** Coverage of the National League encounter, which takes place at Truist Park. Start-time **5.20pm**.
8.30 LIVE **MLB Seattle Mariners v Minnesota Twins.** Coverage of the American League match from T-Mobile Park. Start-time **8.40pm**.
12.00 M'T **UFC** Holly Holm v Mayra Bueno Silva: Action from the women's bantamweight bout, which took place at UFC Apex in Las Vegas.
3.00 AM **What Went Down** Participants from a classic sporting event reflect on the occasion.
4.00 UFC A look back at Leon Edwards' rocky road to the UFC title.
5.00 UFC Fight Flashback A look back at the best of the action from the UFC 278 rematch.
5.30 to 6.00 AM **TNT Sports Reload**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **World Matchplay Darts**
11.00 Darts Gold Archive action.
12.00 NOON **Super Bowl LVI Highlights** Cincinnati Bengals v Los Angeles Rams from 2022.
2.00 PM **World Matchplay Darts**
7.00 Darts Gold Action from Phil Taylor v Terry Jenkins in 2013.
7.15 Action from Adrian Lewis v Michael van Gerwen in 2013.
7.30 Phil Taylor v Adrian Lewis.
7.45 Action from Ronnie Baxter v Rod Harrington in 1998.
8.00 LIVE **World Matchplay Darts** Coverage of the sixth day of the tournament at Winter Gardens, featuring the first two quarter-finals. At the corresponding stage of last year's tournament, Dimitri Van den Bergh recorded a 16-14 victory over Peter Wright, which was followed by Michael van Gerwen overcoming Nathan Aspinall by the same scoreline.
11.00 Fight Night International
12.00 M'T **Total Access** NFL news.
1.00 AM **Fight Night International**
2.00 World Matchplay Darts
5.00 Darts Gold Archive action.
5.30 to 6.00 AM **NFL Bitesize Highlights**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 Premier League Legends
7.30 My Icon Double bill.
8.00 The Ashes Bitesize
8.15 My Icon Charlotte Edwards.
8.30 The Ashes England v Australia.
9.30 Women's Ashes Highlights from England v Australia.
10.30 Betfred Super League Highlights Top-flight action.
11.00 Top Rank Boxing Archive
1.00 PM **Premier League Years**
3.00 Fight Night International
8.00 Betfred Super League Highlights Action from St Helens v Catalans Dragons. **8.15** Action from Wigan Warriors v Warrington Wolves.
8.30 Premier League Legends
9.00 The Ashes England v Australia: Highlights of day two of the fourth Test in the five-match series at Emirates Old Trafford, Manchester.
10.00 Formula 1 Highlights of the British Grand Prix, the 11th round of the season from Silverstone.
11.00 The Ashes England v Australia.
12.00 M'T **Women's Ashes**
1.00 AM **The Ashes**
2.00 World Matchplay Darts
5.30 to 6.00 AM **NFL Bitesize Highlights**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Test Cricket Highlights**
8.00 MLB A look at the 15 top finishes to games from the 2022 season. **10.00** A look at the 40 best bat flips following home runs from the 2022 season.
12.30 PM **MLB Plays of the Week**
1.00 MLB A chance to see Philadelphia Phillies v Milwaukee Brewers.
3.30 What Went Down A look back at Carl Frampton's boxing career.
4.45 Rio Ferdinand's Between the Lines Interviewing Mo Salah.
5.00 WWE Friday Night SmackDown Wrestling action.
6.30 WWE Monday Night Raw
9.00 UFC Tom Aspinall's comeback.
9.30 Original Documentary
10.45 UFC: The Ultimate Fighter
11.45 TNT Sports Goals Reload
12.00 M'T **FIM JuniorGP Championship** From Barcelona.
4.30 AM **Rio Ferdinand's Between the Lines** With Virgil van Dijk.
5.00 to 6.00 AM **MLB**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Cycling: Tour de France**
7.30 FIA World Endurance C'ship
8.30 Bennetts British Superbikes
9.30 Climbing World Cup
10.30 Cycling: Tour de France
12.00 NOON LIVE **Cycling: Tour de France** Coverage of stage 18.
5.15 PM **E-Mountain Bike Cross-Country World Cup**
5.45 Cycling: Get to Know
6.30 Cycling: Tour de France Femmes
7.00 Climbing World Cup
8.00 Cycling: Tour de France
9.30 E-Mountain Bike Cross-Country World Cup
10.00 Hall of Fame: London 2012
11.00 Cycling: Tour de France
12.00 M'T **Tour de France: Breakaway**
12.30 AM **Cycling: Tour de France Femmes** A look ahead.
1.00 Formula E The Rome ePrix.
2.00 Cycling: Tour de France
3.30 E-Mountain Bike Cross...
4.00 Climbing World Cup
5.00 to 6.00 AM **Hall of Fame**

Eurosport 2

414 414 869 | 522 | 413 436

6.30 AM **British Superbikes**
7.30 The Power of Sport
8.00 Cycling: Tour de France
9.00 Tour de France: Breakaway
9.30 Motocross World C'ship
10.00 Formula E Recent action.
12.00 NOON **British Superbikes**
1.00 PM **Powerboat Racing World Championship** From Macon.
1.30 The Power of Sport
2.00 Climbing World Cup
3.00 Hall of Fame: Rio 2016
4.00 British Superbikes Extra
6.00 Motocross World Champs
7.00 Show Jumping Chantilly Classic.
8.00 Bennetts British Superbikes
10.00 Formula E Recent action.
12.00 M'T **Motocross World Champs**
12.30 AM **Cycling: Tour de France**
1.30 Tour de France: Breakaway
2.00 British Speedway
3.00 FIA World Endurance C'ship
4.00 Cycling: Tour de France
5.00 Tour de France: Breakaway
5.30 to 6.30 AM **British Superbikes**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Rugby League Retro**
8.00 Women's State of Origin
8.15 State of Origin Rugby League Highlights
8.30 Super League Highlights
10.30 LIVE **NRL** Coverage of a National Rugby League match in Australia.
12.30 PM **State of Origin Rugby League Highlights**
1.00 Top Rank Boxing Archive
3.00 NBA Basketball A chance to see Boston Celtics v New York Knicks.
5.00 WNBA Another chance to see New York Liberty v Seattle Storm.
7.00 Super League Highlights
8.30 Kevin Sinfield's 7 in 7 Challenge Ultra-marathons.
10.30 Daniel Anderson: Face to Face
11.00 The Rugby Championship
1.10 AM **Darts Top 5 Moments**
1.15 NBA Basketball
3.15 Super League Highlights
4.00 Fight Night
5.00 to 6.00 AM **State of Origin Rugby League**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 Lewis v Valtteri v Toto In GTRs
11.15 Glock & Hamilton Reunited
11.25 Fittipaldi in His Lotus 72
11.35 George Russell F1 Winner
11.45 Formula 1 Highlights from the 2022 Hungarian Grand Prix, the 13th round of the season.
2.00 PM **F1 Drivers Press Conference**
2.30 Sky Sports F1 Podcast
3.30 Indycar The Honda Indy Toronto.
4.30 Formula 1 British Grand Prix.
5.30 The Notebook
6.00 F1 Drivers Press Conference
6.30 Graham Hill: World Champion
7.00 Indycar The Honda Indy Toronto.
8.00 Formula 1 Highlights of the British Grand Prix, the 11th round of the season from Silverstone.
9.00 The Notebook
9.30 F1 Drivers Press Conference
10.00 F1 Classic Races
12.20 AM **Max & Crofty: Abu Dhabi '21 Revisited**
12.30 Graham Hill: World Champion
1.00 to 6.00 AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Friday

21 July

Evening Planner

Comedy Drama

Babylon
Sky Premiere, 9pm
Damien Chazelle's tribute to the Golden Age of Hollywood stars Brad Pitt (left) as a movie star whose career is in decline.

OnDemand

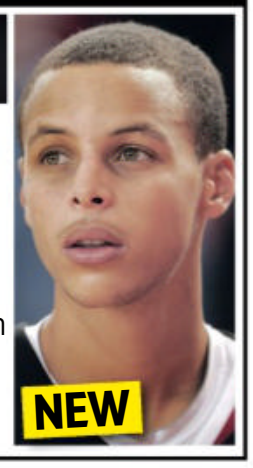
prime video

Fifteen-Love
Available today
Ella Lily Hyland and Aidan Turner star in this tense drama about a tennis star who makes an accusation against her former coach.

OnDemand

tv+

Stephen Curry: Underrated
Available today
The coming-of-age story of Golden State Warriors' point guard, Stephen Curry.



OnDemand

NETFLIX

They Cloned Tyrone
Available today
Offbeat sci-fi mystery starring John Boyega as one of an unlikely trio on the trail of a conspiracy.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 Our Lives	8.00 Question of...	8.30 Would I Lie to...	9.00 Not Going Out	9.30 Queen of Oz	10.00 News; Local News	
102 BBC2	7.00 Gardeners' World		8.00 Golf: The Open				10.00 Catherine...	10.30 Newsnight
103 ITV1	◂ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Riches		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 The Secret World of Crisps		9.00 Celebrity Gogglebox		10.00 The Last Leg	
105 CHANNEL 5	7.00 Inside the Steam Train Museum		8.00 Inside Greggs: 24/7		9.00 Yellowstone		10.00 Boxing – Live	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 The Ashes		9.00 Then You Run		10.00 Rob & Romesh Vs	
ENTERTAINMENT								
115 BBC3	7.00 Athletics: Diamond League Monaco – Live: The Herculis EBS				9.05 Women's...	9.30 Film: The Edge of Seventeen		
116 BBC4	7.00 Today at the Test		8.00 BBC Proms: Beethoven's Fifth				10.10 All New Top of the Pops	
118 ITV2	7.00 Next Level Chef (USA)		8.00 Superstore		9.00 Love Island		10.05 The Stand...	10.35 Family Guy
136 MORE4	◂ 6.55 The Dog House		7.55 Grand Designs		9.00 Disturbing Disappearances			
135 E4	7.00 Hollyoaks	7.30 Impractical...	8.00 Below Deck Sailing Yacht		9.00 Film: Pitch Perfect 3			
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Departure		10.00 The Good Doctor	
108 SKY ATLANTIC	◂ 6.00 The Sopranos	7.30 Game of Thrones			9.00 Der Pass		10.00 Das Boot	
110 GOLD	◂ 6.40 Dad's Army		8.00 Only Fools and Horses	8.40 Blackadder The Third	9.20 The Lenny Henry Show		10.00 Mrs Brown's Boys	10.40 Not...
111 DAVE	7.00 Richard Osman's House of Games			8.20 Room 101	9.00 QI XL		10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Doc Martin				10.00 Law & Order: UK	
120 ITV4	7.00 Tour de France Highlights		8.00 The Motorbike Show		9.00 Wrestling: AEW Dynamite			
112 COMEDY CENTRAL	7.00 Friends				9.00 The Ricky Gervais Show		10.00 South Park	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 The Ark			
113 SKY MAX	7.00 Stargate Atlantis		8.00 A League of Their Own: European...		9.00 Then You Run		10.00 Rob & Romesh Vs	
109 ALIBI	7.00 Person of Interest		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Discovering: Clint Eastwood		9.00 Discovering Tommy Lee Jones		10.00 Greatest Albums Live	
132 W	7.00 Inside the Ambulance: Coast and...		8.00 999 Rescue Squad		9.00 24 Hours in A&E		10.00 The Catherine Tate Show	
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Gold Rush: Mine Rescue with Freddy...		9.00 Expedition Unknown		10.00 Scrap Kings	
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Intruders		9.00 Monsters Inside Me		10.00 Alaska: The Last Frontier	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Airport Security: Peru		9.00 Air Crash Investigation		10.00 America's Hardest Prisons	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Bomber: Terror of WWII		9.00 Bloody Boston		10.00 First Blood	
155 YESTERDAY	7.00 Bangers & Cash: Restoring Classics		8.00 The Yorkshire Steam Railway...		9.00 Great American Railroad Journeys		10.00 Bangers & Cash	
121 SKY DOCS	7.00 Juan Carlos: Downfall of the King		8.00 The Good Fight Club		9.00 Angel City		10.10 Pantani: The Accidental...	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.35 Black Adam				9.00 Babylon			
303 SCREEN QUEENS	◂ 6.10 Charlie's Angels: Full Throttle		8.00 The Lost City				10.00 Last Night in Soho	
304 GREATS	◂ 5.35 The Great Gatsby		8.00 The Terminal					10.20 The Social Network
305 ANIMATION	◂ 5.50 DC League of Super-Pets	7.50 Birds of a Feather				9.30 Open Season 3		
306 FAMILY	◂ 6.10 The Portable Door		8.10 The Karate Kid					10.35 Tarzan
307 ACTION	◂ 5.15 Terminator 2: Judgment Day		8.00 Top Gun				10.00 Homefront	
308 FUN	◂ 6.15 Grown Ups 2		8.00 Trainwreck				10.10 Meet the Fockers	
309 THRILLER	◂ 6.15 Frailty		8.00 Layer Cake			9.50 Panic Room		
310 DRAMA	◂ 6.10 Kramer vs Kramer		8.00 Forrest Gump					10.25 Big Fish
311 SUMMER SCARES	◂ 6.20 The Possession		8.00 Jaws				10.10 Open Water	
302 WIZARDING WORLD	◂ 6.45 Harry Potter and the Half-Blood Prince				9.20 Harry Potter and the Deathly Hallows: Part I			
313 FILM4	◂ 6.30 Deep Impact				9.00 Armageddon			
SPORT								
401 MAIN EVENT	◂ 6.30 The Open – Live: The second day of the tournament			8.30 World Matchplay Darts – Live: Coverage of the seventh day of the tournament,				
402 PREMIER LEAGUE	7.00 MNF Hlts		8.00 Gary Neville's...	8.30 PL Stories	9.00 Outraged: Football's Discrimination		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 The Lionesses: A League of Their Own...		8.00 The Ashes		9.00 Lionesses: How Football Came Home			10.30 Lionesses...
404 CRICKET	7.00 Secrets Of...	7.30 Ace...	8.00 The Ashes		9.00 Women's Ashes		10.00 The Ashes	
410 TNT SPORTS 1	◂ 2.30 Test Cricket – Live: West Indies v India							
411 TNT SPORTS 2	◂ 6.00 AFL		8.00 World Poker Tour Series				10.00 Fight Week	10.30 Cricket – Live

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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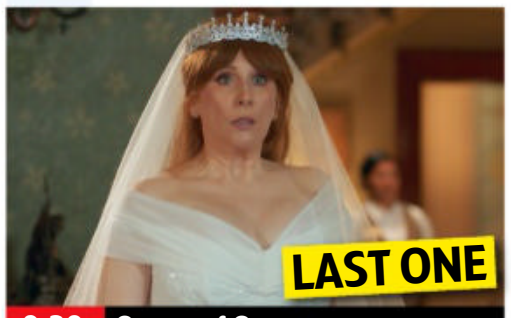
Friday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Close Calls: On Camera** Series finale The story of a walker who was lost for two nights during a storm on the Isle of Skye. (S)
10.30 **Animal Park Summer** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Rick Stein's Cornwall** (S)(R)(AD)
2.15 **Robson Green's Weekend Escapes** From Rothbury in Northumberland. (S)(R)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)(AD)
4.30 **Antiques Road Trip** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.30 Queen of Oz

7 PM

7.00 **The One Show** Jermaine Jenas and Alex Jones present the topical show. (S)
7.30 **Our Lives** New edition The endeavours of a golden retriever in training to be an assistance dog. (S)(AD)

8 PM

8.00 **Question of Sport** New edition With Troy Deeney, Joe Joyce, Tom Aspinall and Hannah Miley. (S)
8.30 **Would I Lie to You?** With guests Stephen Bailey, Asim Chaudhry, Gemma Collins and Sally Lindsay. (S)(R)

9 PM

9.00 **Not Going Out** New episode 5/7. The family go on a steam train. (S13) (S)
■ Entire series on BBC iPlayer
9.30 **Queen of Oz** Series finale 6/6. Georgie takes on a positive attitude. (S1) (S)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Spider-Man: Homecoming** Adventure with Tom Holland and Michael Keaton. Teen superhero Peter Parker tries to prove his worth by battling a winged criminal with a trade in stolen hi-tech weaponry. (S) (2017, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.50 **BBC News** (S)
1.45 **LIVE Football: Women's World Cup** USA v Vietnam: Coverage of the opening match in Group E, which takes place at Eden Park in Auckland. Kick-off is at 2.00. (S)
4.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.45 AM **Great British Railway Journeys** In Warwickshire. (S)(R)
7.15 **Sign Zone: Gardeners' World** (R)
8.15 **LIVE Football: Women's World Cup** Spain v Costa Rica: The Group C match at Wellington Regional Stadium. Kick-off is at 8.30. (S)
10.45 **Coast** (S)(R)
11.00 **BBC News** (S)
12.15 PM **Politics UK** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Mastermind** Quiz show. (S)(R)
2.15 **Great British Menu** (S)(R)
3.45 **Home Is Where the Art Is** (S)(R)
4.15 **Made in Great Britain** (S)(R)(AD)
5.15 **Flog It!** From Staffordshire. (S)(R)
6.00 **Richard Osman's House of Games** With Ade Edmondson. (R)
6.30 **Great British Railway Journeys** Series finale 15/15. Visiting the Forest of Dean and Bristol. (S)(AD)

7.00 Gardeners' World

7 PM

7.00 **Gardeners' World** New edition At the RHS Flower Show Tatton Park, Joe Swift and Frances Tophill reveal the latest in garden design. Nick Bailey also shines a botanical spotlight on begonias. (S)

8 PM

8.00 **Golf: The Open** Eilidh Barbour presents action from the second day of the tournament, which takes place at Royal Liverpool Golf Club in Hoylake, Merseyside. Cameron Smith is the reigning champion after his victory at St Andrews last year, in what was the 150th staging of the Major. (S)

9 PM

10 PM

10.00 **The Catherine Tate Show** 1/6. Sketch show featuring the comedian as an assortment of oddball characters, with Siobhan Redmond. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Today at the Test** England v Australia: Action from day three of the fourth Test in the series at Emirates Old Trafford. (S)
12.05 AM **Sign Zone: Money for Nothing** Items include vintage clothing. (R)
12.50 **Sign Zone: Panorama** (S)(R)
1.20 **Sign Zone: A Wright Family Holiday** In Northumberland. (R)
1.50 **Sign Zone: Brave Britain with Fergal Keane** (S)(R)(AD)
2.50 **to 6.00** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

5.50 AM **LIVE Football: Women's World Cup** Philippines v Switzerland: From Forsyth Barr Stadium. Kick-off is at 6.00. (S)
8.05 **The Chase** Quiz show. (S)(R)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Islands to Highlands** James and fellow chef Mark Jordan discover the culinary delights of Jersey. (S)(R)(AD)
3.00 **Lingo** Word-based quiz. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Riches

7 PM

7.30 **Emmerdale** Suni comforts Rishi, and Gabby upsets a broken-hearted Arthur even more. (S)(AD)

8 PM

8.00 **Coronation Street** Audrey jumps to the wrong conclusion regarding Elaine, Courtney helps Aadi to get down to business, Adam has another panic attack, and Paul is spooked by a glimpse of his future. (S)(AD)

9 PM

9.00 **Riches** New episode *The Master's Tools:* 4/6. Eager to remove Nina from the business, Claudia goes out of her comfort zone in a bid for shareholder votes. The success of Face of Flair exposes problems. (S1) (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The 1% Club** 6/8. Quiz hosted by Lee Mack in which the questions are all about logic and common sense with 100 contestants in every show having a chance of winning up to £100,000. (S)(R)(AD)
11.40 **Monster Carp** Tom Dove and Neil Spooner battle at the Gigantica complex in France. (S)(R)
12.30 AM **Tour de France Highlights** Action from the 19th stage. (S)(R)
1.20 **Catchphrase** (S)(R)(AD)
1.55 **Winning Combination** (S)(R)
2.45 **Catching My Rapist** (S)(SL)(R)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Breakfast Show** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 24&25/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.05 **Frasier** 21-23/24. (S5) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** Revisiting three cases. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Chateau DIY** (S)(R)(AD)
5.00 **Sun, Sea and Selling Houses** New edition A catch-up with clients who bought their home in the Spanish sun back in 2019. (S)
6.00 **The Simpsons** *Homer v Dignity:* Mr Burns hires Homer to amuse him by playing pranks. (S)(R)(AD)
6.30 **Hollyoaks** John Paul struggles in the aftermath of his attack, and Dave reaches out to Cindy. (S)(AD)

10.00 The Last Leg

7 PM

7.00 **News** (S)

8 PM

8.00 **The Secret World of Crisps** 2/3. Documentary about the biggest players in Britain's crisp industry: Smiths, Golden Wonder and Walkers, and how their rivalry has played out over the course of decades. (S)(R)(AD)

9 PM

9.00 **Celebrity Gogglebox** New edition A cast of famous faces including Judi Love, Charlene White, Denise van Outen and Duncan James turn their hand to being the country's most opinionated viewers as they critique the week's TV. (S)

10 PM

10.00 **The Last Leg** New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by celebrity guests Tim Minchin and Judi Love for a comic review of the significant moments of the past seven days. (S)
11.05 **Adam Hills: Clown Heart** The comedian finds humour in death and his struggle with cancer. (S)(R)
12.45 AM **FILM Countdown** Horror with Elizabeth Lail. A nurse's app can predict people's time of death. (S) (2019, 15, 90min) ★★★
2.15 **Ramsay's Hotel Hell** (S)(SL)(R)
3.00 **Come Dine with Me** (S)(R)(AD)
5.05 **Escape to the Chateau** (S)(R)(AD)
5.10 **to 6.00** AM **Undercover Boss USA** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** Kirby confides in Rose and drowns her sorrows. (S)(R)(AD)
2.15 FILM **The Babysitter** Thriller with Natalie Sharp. A babysitter begins to suspect her employer is up to something sinister. (2020, PG, 87min) ★★★
4.00 **Bargain-Loving Brits in the Sun** Pat and her friends enjoy a fundraising quiz for the Busot Animal Rescue Concern. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** Quiz show hosted by Jeremy Vine. (S)(R)
6.55 **News** (S)

9.00 Yellowstone

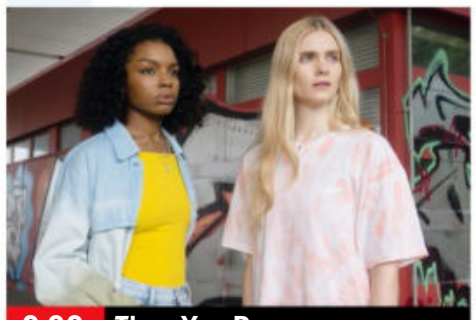
7.00 **Inside the Steam Train Museum** New edition The volunteers clear up damage after a winter storm, and the vintage fire engine has its engine overhauled. (S)
7.55 **News** (S)
8.00 **Inside Greggs: 24/7** Series finale Part two of two. Grace Dent is given access to Greggs' secret innovation centre at their HQ in Newcastle, getting a sneak preview of their new product ranges. (S)
9.00 NEW TO CHANNEL 5 **Yellowstone** *Daybreak:* 1/9. Drama series starring Kevin Costner. A Montana ranching family faces off against others encroaching on their land. *Previously shown on 5USA & Paramount+.* (S1) (S)(R)
10.00 LIVE **Boxing** Lee McGregor v Erik Robles: Coverage of the bout for the vacant IBO world super-bantamweight title from Meadowbank Sports Centre in Edinburgh. (S)
12.05 AM **999: Emergency Call Out** A stolen car crashes. (S)(R)
1.00 **Teleshopping** (S)
3.00 **World's Most Scenic Railway Journeys** From Norway. (S)(R)
3.50 **The Funny Thing About Love & Sex** With Nina Wadia. (S)(R)
4.40 **Great Artists** (S)(SL)(R)
5.05 **House Doctor** (S)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Sky News Breakfast**
8.00 **Secret Life of the Kangaroo**
9.00 **Nothing to Declare** (S)(R)(AD)
10.00 **The Flash** 9/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S6) (R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
2.00 **MacGyver** 8/13. (S4) (S)(R)
3.00 **The Equalizer** 10/18. (S2) (R)
4.00 **A League of Their Own Road Trip: Dingle to Dover** (S)(R)
5.00 **The Simpsons** (S)(R)
5.30 **Modern Family** 7/18. Cameron and Mitchell's friends assume they have split up. (S)(R) **6.00** 8/18. Dylan's hippie mother moves into the Dunphy home. (S11) (S)(R)
6.30 **The Simpsons** *The Old Man and the Lisa:* Lisa helps Mr Burns build a recycling centre. (S)(R)



9.00 Then You Run

7.00 **The Simpsons** *In Marge We Trust:* Marge restores Reverend Lovejoy's faith in his vocation. (S)(R) **7.30** *Homer's Enemy:* Mr Burns hires a new employee who takes an instant dislike to Homer. (S)(R)
8.00 **Cricket: The Ashes** England v Australia: Highlights of the third day's play of the fourth Test in the five-match series, which takes place at Old Trafford.
9.00 **Then You Run** New episode 3/8. Tara wonders whether her friends would be safer without her, but it soon becomes clear that danger has followed them to Germany. (S1) (S) ■ Entire series on Box Sets
10.00 **Rob & Romesh vs Magic in Vegas** The boys are invited by Penn & Teller to join Vegas' longest-running residency show, and have three days to pull their act together. (R)
11.00 **The Blacklist** 4/22. Red attempts to secure a late financier's fortune. (S10) (S)(R)
12.00 M'T **Inside Christopher Nolan's Oppenheimer** (S)(R)
12.30 AM **The Force: Manchester** (R)
1.30 **Road Wars** (S)(R)
2.00 **NCIS: New Orleans** (S6) (S)(R)
3.00 **Hawaii Five-0** 11/25. (S7) (R)
4.00 **MacGyver** 8/13. (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations
WALES
Sky **965**, Virgin **864**, Freesat **965**
7.30-8.00pm Wynne's Welsh 70s Series finale (S) **8.30-9.00** Our Lives New edition (S)(AD) **10.40** NEW Rewind: 60 Years of Welsh Pop (S) **11.10** FILM Spider-Man: Homecoming (S)(AD) (2017, 12, 125min) ★★★★ **1.15-1.45am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations
WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:
WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Prynhawn Da New edition **1.55** Newyddion S4C a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.30** Nos Da Cyw **4.35** Crads Bach y Traeth **4.40** Sion y Chef **4.50** Misho **5.00** Stwnsh **6.00** Codi Pac **6.30** Rownd a Rownd (AD) **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Cyfres Triathlon Cymru **8.25** Seiclo: Tour de France **8.55** Newyddion S4C a'r Tywydd **9.00** Mwy Na Daffs a Taffs New edition **9.35** Am Dro! (AD) **10.35-11.40pm** Corau Rhys Meirion (AD)

TV&Satellite week
New issue on sale now

BBC3

115/117/141 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM LIVE **Athletics: Diamond League Monaco** Coverage of the Herculis EBS, the ninth meeting of the campaign, staged at Stade Louis II.
9.00 **The Catch Up**
9.05 **MOTD: Women's World Cup Highlights** Action from the latest fixtures in Australia and New Zealand.
9.30 FILM **The Edge of Seventeen** Comedy drama starring Hailee Steinfeld and Blake Jenner. High-school life becomes even more unbearable for a girl when her best friend starts dating her older brother. (2016, 15, 104min) ★★★★
11.05 **Some Girls** 3/6. Viva struggles to maintain order. **11.35** 4/6. Viva feels torn over her feelings. (S1)
12.05 AM **Charlotte in Sunderland** Double bill.
1.05 **Eating with My Ex**
1.35 **My Mate's a Bad Date**
2.00 **Charlotte in Sunderland**
3.00 **to 4.00** AM **Some Girls**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** Action from the third day of the fourth Test in the five-match series between England and Australia.
8.00 NEW **BBC Proms: Beethoven's Fifth** The BBC National Orchestra of Wales perform Beethoven's Fifth Symphony from the Royal Albert Hall.
10.10 **Top of the Pops** A July 1982 edition, featuring Belle Stars, Madness, Junior, The Stranglers and Irene Cara. **10.40** Music from 1979 by Dave Edmunds, Darts, UK Subs, the Pretenders and the Boomtown Rats.
11.10 **Madness Live in Hyde Park** The Nutty Boys on stage in London.
12.10 AM **The Specials: 6 Music Sessions** The Two Tone pioneers in a session recorded for Steve Lamacq.
12.45 **Selecter: Quay Sessions**
1.15 **An Evening with Sammy Davis Jr**
2.15 **to 3.15** AM **Top of the Pops**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's Vintage Gems** Perfume-making.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo** Eastern black rhino Zuri gives birth to baby Ike, and Bactrian camel Shan-shan is under the weather.
6.55 **The Dog House** Married couple Dexter and Aaron seek a fluffy, chunky dog.
7.55 **Grand Designs** 1/6. Kevin McCloud meets a former army captain who is restoring a neo-Gothic cemetery keeper's lodge in south-west London.
9.00 **Disturbing Disappearances** New episode 2/5. After one of his regulars dies of an overdose, Tony tries to cover up his supply trail to make sure his wife and family aren't affected by his criminal behaviour. Subtitled. (S1)
11.00 **24 Hours in A&E** A 15-year-old is rushed in after going over the handlebars of his bike. **12.05** AM A 70-year-old man is rushed to St George's.
1.10 **8 Out of 10 Cats Does Countdown**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 347 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **Big Bang Theory**
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** John Paul thinks about reporting his attack to the police.
7.30 **Impractical Jokers** Joe, Sal, Murr and Q lead meditation sessions.
8.00 **Below Deck Sailing Yacht** New edition 17/18. As the guests return from the wedding ceremony, the *Parsifal III* crew scramble to finish their season with the perfect reception dinner.
9.00 FILM **Pitch Perfect 3** Comedy sequel starring Anna Kendrick and Rebel Wilson. Following their win at the world championship, the Bellas reunite for one last singing competition. (2017, 12, 93min) ★★★
10.50 **Naked Attraction**
1.00 AM **Impractical Jokers**
2.00 **Gogglebox**
3.00 **Below Deck Sailing Yacht**
3.45 **Ramsay's Kitchen Nightmares USA**
4.35 **to 6.00** AM **The Neighborhood**

+1 hour 235 | 306 | 30 | 123

Friday primetime

Friday primetime

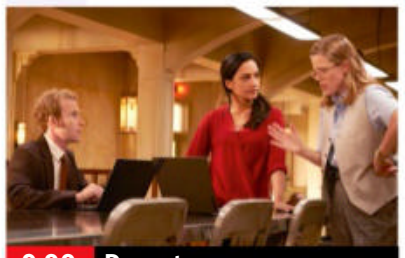
FRIDAY Entertainment

Friday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **The Force: Manchester**
12.00 NOON **The Rookie** (S3)
1.00 PM **FBI** 18/22. (S4)
2.00 **FBI: International** 5/21. A journalist is killed while trying to meet a source. (S1)
3.00 **The Equalizer** 10/18. McCall joins forces with master thief Jessie Cook. (S2)
4.00 **Nothing to Declare**



9.00 Departure

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Face Off:* 19/22. The team investigate a murder of a morning show host, and Nina Chase joins the team. (S4)

9 PM
9.00 **Departure** *Wrecking Ball:* 4/6. Max and Kendra hatch a plan with the FBI in an effort to solve the case. (S2)

10 PM
10.00 **The Good Doctor** *39 Differences:* 13/22. Dr Lim has to find a way to save the damaged lungs of one of her patients. (S6)
11.00 **Law & Order: SVU** (S24)
12.00 M'T **Law & Order: Organized Crime** 9/22. (S3)
1.00 AM **The Equalizer** 9/18. (S2)
2.00 **Bull** 15/22. (S2)
3.00 **Chicago Fire** 8/22. (S9)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Urban Secrets**
7.00 **The Newsroom** 6/6. (S3)
8.15 **The Sopranos** (S4)
10.25 **Game of Thrones** 3/6. (S8)
11.55 **Gomorrah** 1&2/12. (S4)
2.10 PM **Boardwalk Empire** 1/12. Pilot episode of the Prohibition-era drama. **3.40** 2/12. Van Alden realises Nucky's power. (S1)
4.50 **The Sopranos** 12/13. Carmela makes a date she can't keep. **6.00** 13/13. Christopher is released from the drug rehabilitation centre. (S4)

9.00 Der Pass

7.30 **Game of Thrones** *The Last of the Starks:* 4/6. The Great War to gain control over the land of Westeros continues as Jon and Daenerys look to the south. (S8)
9.00 **Der Pass** New episode 7/8. A man surrenders himself without revealing his name during a police operation. Subtitled. (S3)
10.00 **Das Boot** 3/8. Resistance member Carla Monroe plans a daring operation in La Rochelle. Subtitled. In German. (S1)
11.10 **The Staircase** 4/8. The Petersons' eldest son Clayton returns home. (S1)
12.25 AM **The Newsroom** 5/6. (S3)
1.25 **Winning Time: Rise of the Lakers Dynasty** 8/10. (S1)
2.30 **Game of Thrones** As 7.30pm.
4.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate Atlantis** (S1)
8.00 **Supergirl** 4/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 9/23. (S3)
11.00 **NCIS: New Orleans** (S6)
1.00 PM **Hawaii Five-0** (S7)
2.00 **MacGyver** 8/13. (S4)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 5/23. (S3)
5.00 **The Flash** 9/23. Barry goes to Earth-3. (S3)
6.00 **Stargate Atlantis** 19/20. The team defend themselves against Wraith warships. (S1)

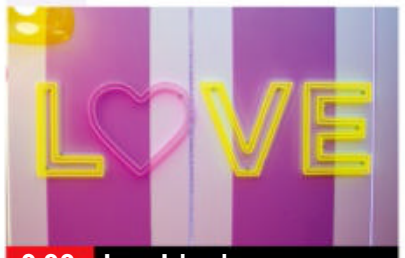
9.00 Then You Run

7.00 **Stargate Atlantis** *The Siege – Part Two:* 20/20. The Wraith close in, and the future of the city looks bleak. (S1)
8.00 **A League of Their Own: European Road Trip** Previously unseen clips from the duo's second continental adventure.
9.00 **Then You Run** New episode 3/8. Reagan struggles to maintain composure. (S1)
■ Entire series on Box Sets
10.00 **Rob & Romesh Vs** Rob Beckett and Romesh Ranganathan take on a series of challenges.
11.00 **The Blacklist** 4/22. Red attempts to secure a late financier's fortune. (S10)
12.00 M'T **Strike Back: Legacy** 9/10. Locke defies Whitehall. (S5)
1.00 AM **NCIS: New Orleans** (S6)
2.00 **Hawaii Five-0** (S7)
4.00 **MacGyver** 8/13. (S4)
5.00 **to 6.00** AM **Bondi Rescue**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 8/22. (S7)
9.00 **Dawson's Creek** 12/23. (S3)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Dinner Date**
1.00 PM **Epic Gameshow**
2.00 **Chuck** 19/24. (S4)
3.05 **One Tree Hill** 9/22. (S7)
4.00 **Dawson's Creek** 13/23. (S3)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase**



9.00 Love Island

7.00 **Next Level Chef (USA)** New edition The judges challenge the remaining contestants to create a dish that stands out.
8.00 **Superstore** 7/22. Dina investigates a theft. **8.30** 8/22. The company sends out biased voter flyers on election day. (S2)
9.00 **Love Island** New edition Another week in the villa comes to an end, and tonight there are plenty more surprises in store.
10.05 **Stand Up Sketch Show** New edition With Steff Todd and Josh Weller.
10.35 **Family Guy** 6/22. Stewie clones himself. (S8)
11.05 **Family Guy** 16/16. (S7)
11.30 **American Dad!** (S9)
12.30 AM **Superstore** (S2)
1.30 **Deep Fake Neighbour Wars**
2.00 **Shopping with Keith Lemon**
2.30 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.05 **Never the Twain**
9.15 **The Royal** Double bill.
11.30 **Heartbeat**
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Agatha Christie's Poirot** *The Hollow:* A philandering husband is shot at a party.
6.00 **Heartbeat** *State of Mind:* An elderly man reports an unusual break-in, during which the uninvited visitor left a statue on the kitchen table.

9.00 Doc Martin

7.00 **Heartbeat** *Down to Earth:* The police have to intervene when a woman complains about a neighbour's dead cow.
8.00 **Doc Martin** *Other People's Children:* 6/8. Louisa's ex-boyfriend brings seven children to camp on Ruth's farm.
9.00 **Doc Martin** *Facta Non Verba:* 7/8. A new art teacher wants to try out some rather alternative ideas on the children. (S7)
10.00 **Law & Order: UK** *The Wrong Man:* 1/6. Brooks and Devlin investigate a hospital department. (S5)
11.05 **The Bay** 5/6. An old case stops Dean's plans and awakens insecurities for Manning. **12.05** AM 6/6. The missing pieces of the investigation finally fall into place. (S4)
1.05 **Never the Twain** Double bill.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
8.00 **Inside Central Station** 5/6. The staff and passengers don their glitter and rainbow colours to celebrate Glasgow Pride.
9.00 **Still Game Live** Stage version of the sitcom starring Ford Kiernan and Greg Hemphill.
10.00 **Still Game** 1/6. Gossip spreads like wildfire when Wullie begins seeing a woman who is half his age. (S4)
10.30 **Icons of Football** Series finale 6/6. The life and career of Richard Gough, who led Rangers to eight league titles in a row.
11.00 PM **to 12.00** M'T **NEW TRNSMT** Edith Bowman presents highlights from across the weekend of TRNSMT.

Sky Comedy

114/115 112 347 362

8.00 AM **Mr Mayor** (S2)
9.00 **Silicon Valley** (S5)
10.10 **Girls** 5&6/10. (S5)
11.30 **Pen15** 6&7/15. (S2)
12.50 PM **Silicon Valley** (S5)
2.10 **Fresh Prince of Bel Air**
3.10 **Girls** 7&8/10. (S5)
4.30 **Mr Mayor** 10/10. (S2)
5.00 **A.P. Bio** 1/8. (S3)
5.30 **Will & Grace** (S4)
6.30 **Fresh Prince of Bel Air**
7.30 **Bloods** 3/6. (S1)
8.00 **The Office (US)** 5/6. Michael arranges a basketball match. **8.30** 6/6. A woman causes a stir between Dwight and Michael. (S1)
9.00 **Sex and the City** 11/18. Miranda learns she has a lazy ovary. **9.35** 12/18. Miranda grows adventurous. (S2)
10.15 **And Just Like That...**
11.15 **The Trip to Greece** (S4)
12.35 AM **Work in Progress**
1.50 **Rovers** 6/6. (S1)
2.20 **Dice** 3&4/7. (S2)
3.40 **to 5.00** AM **Pen15**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Arts Uncovered**
6.15 **André Rieu**
8.00 **The Joy of Painting**
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering: Peter Lorre**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **HMS Pinafore with ENO**
4.00 **Discovering: Maximilian Schell**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **The Joy of Painting**
8.00 **Discovering: Clint Eastwood**
9.00 **Discovering: Tommy Lee Jones**
10.00 **Greatest Albums Live** New edition
11.00 **Women Who Rock**
12.15 AM **Alanis Morissette**
1.30 **Music Icons**
2.00 **Story of Roxy Music**
3.00 **The Great Songwriters**
4.00 **My View: Clem Burke**
5.00 **to 6.00** AM **Auction**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S1)
5.00 **Star Trek: The Next Generation** 18/26. (S7)
6.00 **Merlin** 5/13. (S1)
7.00 **Star Trek: Voyager**
8.00 **NCIS: New Orleans** (S6)
9.00 **Killing Mum and Dad** The case of 26-year-old Anmol Chana.
10.00 **Grimm** 17/22. (S5)
11.00 **Snapped** Mary Jacoby.
12.00 M'T **Killer in My Village**
1.00 AM **Caught on Dashcam**
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131 119 28 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Unboxed**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Project Bakeover** New edition A young couple's patisserie.
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 11/20. Petra rebrands the Marbella. (S3)
9.00 **Botched** Double bill.
11.00 **Crazy Ex-Girlfriend** New episode (S4)
12.00 M'T **Only Way Is Essex**
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Sue Thomas: F.B. Eye** 16&17/19. (S3)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Star**
10.50 **Great! Movie News**
11.00 **Castle** 18&19/23. (S4)
1.00 PM **Sue Thomas: F.B.Eye** 7&8/19. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 13-16/24. (S3)
9.00 **Randall and Hopkirk (Deceased)** *It's Supposed to be Thicker Than Water:* 22/26. A family reunion turns into a very grim affair. (S1)
10.00 **The Persuaders!** *Element of Risk:* 15/24. Danny is mistaken for a criminal. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S3)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
3.50 **to 4.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Minder**
7.05 **The Sweeney**
8.05 **Giant Lobster Hunters**
9.05 **Dempsey and Makepeace**
10.15 **Magnum, PI**
11.15 **The Protectors**
11.50 **Robin of Sherwood**
1.00 PM **Tour de France Highlights**
2.00 LIVE **Tour De France** Stage 19 from Moirans-en-Montagne to Poligny.
5.00 **Great Racehorses**
5.25 **Made in Britain**
6.00 **BattleBots** New edition

8.00 The Motorbike Show

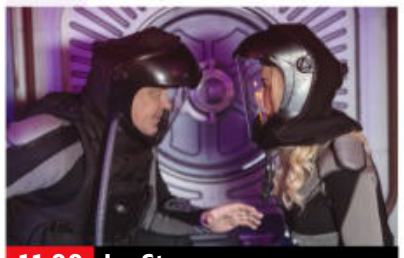
7.00 **Tour de France Highlights** Action from the 19th stage, a 173km route from Moirans-en-Montagne to Poligny.
8.00 **The Motorbike Show** Henry Cole rides through Shropshire, and the Suzuki Kettle restoration is finally completed.
9.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring world-class talent including Jon Moxley, Chris Jericho, Bryan Danielson and Claudio Castagnoli.
11.10 FILM **The Purge: Election Year** Action horror sequel. (2016, 15, 108min) ★★★
1.20 AM **Minder**
2.15 **The Protectors**
2.45 **Unwind with ITV**
4.00 **Dempsey and Makepeace**
5.00 **to 6.00** AM **Magnum, PI**

+1 hour 220 318 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Merlin** 13/13. (S1)
7.00 **The Outpost** 2/13. (S3)
8.00 **Teleshopping**
11.00 **Pandora** 6/13. (S1)
12.00 NOON **Star Trek: The Next Generation** 8&9/22. (S2)
2.00 PM **Merlin** 13/13. (S1)
3.00 **Pandora** 6/13. (S1)
4.00 **Quantum Leap** 12/22. (S5)
5.00 **Stargate Atlantis** 9/20. McKay comes up with a plan to return to Earth. (S1)
6.00 **Star Trek: The Next Generation** 8/22. Riker serves on a Klingon ship. (S2)

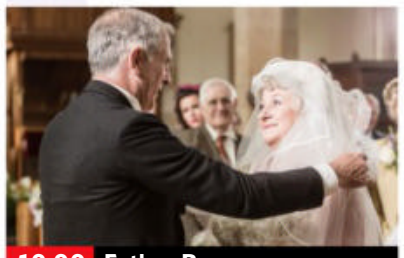

11.00 Ice Storm

7.00 **Star Trek: The Next Generation** *The Measure of a Man:* 9/22. Picard is alarmed at being ordered to hand Data over. (S2)
8.00 **Star Trek: Voyager** *Bliss:* 14/26. Celebrations are the order of the day as the crew finally find a quick way home. (S5)
9.00 **The Ark** *The Last Thing You Ever Do:* 11/12. The crew must understand their rival better as they attempt a rescue mission.
10.00 **The Ark** *Everybody Wins:* 12/12. The two Arks have to decide whether to work together or go down together. (S1)
11.00 FILM **Ice Storm** Sci-fi drama starring Tyler Christopher and McKenzie Westmore. (2022, 15, 90min) ★★
1.00 AM **Wynonna Earp** (S3&4)
3.00 **Stargate Atlantis** 9/20. McKay plans to harness energy from a strange planet. (S1)
4.00 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries**
9.00 **Unforgettable** 5/13. (S4)
10.00 **Rizzoli & Isles** 10/13. (S7)
11.00 **Without a Trace** 1/23. (S1)
12.00 NOON **The Doctor Blake Mysteries** 7/10. (S1)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S10)
4.00 **Unforgettable** 5/13. Carrie runs into an old flame. (S4)
5.00 **Rizzoli & Isles** 10/13. Jane makes a big decision. (S7)
6.00 **Without a Trace** 1/23. The team investigate when an executive disappears. (S1)


10.00 Father Brown

7.00 **Person of Interest** *One Percent:* 14/22. Reese and Finch try to protect the co-creator of a social-networking site. (S2)
8.00 **Father Brown** *The Sacrifice of Tantalus:* A man suspected of murdering a police officer is seen near Kembleford.
9.00 **Death in Paradise** *The Wrong Man:* 2/8. A zombie movie being filmed on the island ends in real-life horror. (S3)
10.00 **Father Brown** *The House of God:* The holiest house in Kembleford is linked to the death of a wanton woman.
11.00 **Person of Interest** As 7pm.
12.00 M'T **The Doctor Blake Mysteries** 7/10. The doctor continues to hide his grief about the search for his wife and child in Singapore. (S1)
1.00 AM **Unforgettable** As 4pm.
2.00 **to 4.00** AM **Evil**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.15 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **Ever Decreasing Circles**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
6.00 **The Good Life**
6.40 **Dad's Army**

6.00 The Good Life

7.20 **Dad's Army** Captain Mainwaring and the platoon welcome the first American troops.
8.00 **Only Fools and Horses** Rodney tires of being dogsbody to his brother.
8.40 **Blackadder the Third** Edmund tries to find a bride for Prince George. Guest stars Warren Clarke.
9.20 **The Lenny Henry Show** Lenny Henry presents a series of sketches.
10.00 **Mrs Brown's Boys** Agnes is excited about Rory and Dino's big day.
10.40 **Not Going Out** Lee gets a job as a caretaker.
11.20 **Only Fools and Horses**
12.00 M'T **Blackadder the Third**
12.40 AM **The Lenny Henry Show**
1.20 **Mrs Brown's Boys** As 10pm.
2.00 **Not Going Out** As 10.40pm.
2.30 **The Story of Only Fools and Horses**
3.30 **to 4.00** AM **Desmond's**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Scrapyard Supercar**
8.00 **Top Gear** With Stephen Fry.
9.00 **Border Force: America's Gatekeepers**
10.00 **Railroad Australia**
11.00 **Gino's Italian Escape**
12.00 NOON **Storage Hunters UK**
1.00 PM **Cops on the Rock**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Janet Ellis.
4.40 **Would I Lie to You?**
5.20 **Room 101** With Bill Turnbull.
6.00 **Taskmaster**

8.20 Room 101

7.00 **Richard Osman's House of Games** With Dev Griffin, Alex Horne and June Sarpong. **7.40** With John Robins, Angela Rippon, Dom Joly and Samira Ahmed.
8.20 **Room 101** With Fern Britton, Robert Webb and Danny Baker.
9.00 **QI XL** Stephen Fry hosts an extended edition of the quiz with Jeremy Clarkson, Jimmy Carr, Bill Bailey and Alan Davies.
10.00 **Schitt's Creek** 9/13. Johnny agrees to speak at a stranger's funeral. **10.30** 10/13. Moira and Johnny go to a party. (S1)
11.00 **Not Going Out** Lee worries he is losing his memory. **11.40** A vase is smashed.
12.20 AM **Mock the Week**
1.40 **Would I Lie to You?**
2.15 **Richard Osman's House of Games** With Zoe Lyons.
2.45 **to 4.00** AM **Schitt's Creek**

+1 hour 211 327 57

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun: Home or Away**
1.30 **A Place in the Sun**
2.30 **Sun, Sea and Selling Houses**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **The Dog Academy**
8.00 **The Supervet: Puppy Special** Memories of puppies for whom Noel has provided life-saving treatment since 2014.
9.00 **24 Hours in A&E** Treating a woman who fell from the back of a moving tram.
10.00 **Sky Coppers** The hunt is on for a man who has assaulted an officer.
11.05 **Celebrity Gogglebox**
1.10 AM **24 Hours in Police Custody: Black Widow**
3.20 **Britain's Most Expensive Houses**
4.15 **to 4.45** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141 141 120/162 21 129

9.00 AM **NCIS** 13/16. (S18)
9.55 **Entertainment News**
10.00 **NCIS** 14&15/16. (S18)
11.55 **Entertainment News**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Helpers:* 13/21. Jimmy and Kasie are exposed to a deadly bio-toxin. **7.00** *First Steps:* 14/21. Vance's daughter assists in a dangerous mission. **8.00** *Thick as Thieves:* 15/21. Parker's past resurfaces during a murder investigation. **9.00** *The Wake:* 16/21. The officers are led to the case of a missing teacher popularised on a crime podcast. (S19)
10.00 **Law & Order: Special Victims Unit** 15&16/23. (S17)
11.55 **NCIS** 4-7/24. (S13)
3.35 **to 4.00** AM **999: Criminals Caught on Camera**

+1 hour 241 320 130

5STAR

128 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Call the Bailiffs: Time to Pay Up**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly** Documentary.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Under the Influence: Caught on Camera**
9.00 FILM **Enemy of the State** Thriller. (1998, 15, 127min) ★★★★
11.40 FILM **G.I. Joe: Retaliation** Adventure. (2013, 12) ★★★
1.50 AM **Skin A&E**
2.40 **Shoplifters & Scammers: At War with the Law**
3.30 **Home and Away**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228 326 141

5Action

150 130 33 132

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
11.00 FILM **The Gunfight at Dodge City** Western. (1958, PG) ★★★
12.40 PM FILM **In Harm's Way** War drama. (1965, b/w, PG, 160min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Inside HMP Whitemoor: Evil Behind Bars** Documentary examining the Category A prison in Cambridgeshire.
10.35 **Motorway: Hell on the Highway** A driver dozes off behind the wheel in Tennessee.
11.35 **Fights, Camera, Action!**
12.35 AM **Deadliest Weather: Caught on Camera**
1.40 **Fights, Camera, Action!**
2.40 **Sinkholes**
3.40 **Trucking Hell**
4.25 **Criminals: On Camera**
4.50 **to 5.00** AM **Entertainment News**

W

132 827 125 25 156

6.25 AM **MasterChef Australia** Culinary show.
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **MasterChef USA: Legends**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **MasterChef Australia**
7.00 **Inside the Ambulance: Coast and Country**
8.00 **999 Rescue Squad** A police chase ends with a spectacular crash.
9.00 **24 Hours in A&E** Mark is brought in after a bike accident and doctors worry he may have damaged his spine.
10.00 **The Catherine Tate Show** Triple bill.
11.50 **One Born Every Minute**
12.50 AM **James Martin: Home Comforts**
1.50 **to 3.00** AM **Rachel Khoo's Kitchen Notebook: Cosmopolitan Cook**

+1 hour 232 325

Drama

143 116 20 158

7.15 AM **Pie in the Sky**
8.05 **Lovejoy**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Mayor and the Magician:* The mayor dies suddenly.
9.00 **Sister Boniface Mysteries** New episode *Stage Fright:* 9/10. Life imitates art when a local performer dies. (S2)
■ Full series on UKTV Play
10.00 **New Tricks**
11.20 **Silent Witness**
1.40 AM **Bleak House**
2.50 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

FRIDAY Entertainment

Friday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** French Riviera.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Bidding Room**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A child's cot.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes to the Dress**
4.00 **Animal Cops Phoenix**
5.00 **Saving Lives at Sea**
6.00 **The Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Ghost Adventures** New edition
10.00 **The Haunted Museum** New edition
11.00 **Ghost Adventures**
12.00 M'T **Help! My House Is Haunted**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Phoenix**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

+1 hour 258 369

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Pointless Celebrities**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** Louis Theroux, Nancy Strang, Michael Underwood and Angellica Bell take part in a family-themed edition of the quiz show.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

+1 hour 240 149

GREAT! action
323 426 42 305

6.00 AM **M*A*S*H** (S7)
7.00 **Wild West Chronicles**
7.30 FILM **Super Collider** Thriller. (2013, 15) ★★
9.15 **Wings at War: Fight for Britain**
10.20 **Prelude to War**
11.30 **M*A*S*H** (S7)
12.30 PM **Wild West Chronicles**
1.00 FILM **Coroner Creek** Thriller. (1948, PG) ★★
2.55 FILM **The Warrant** Drama. (2020, 12) ★★
4.45 FILM **Castle Keep** (1969, 15) ★★★
6.55 FILM **Streetfighter** Drama. (1994, 12) ★★
9.00 FILM **Once Upon a Time in Mexico** Thriller. (2003, 15) ★★★
11.10 FILM **In Hell** Thriller. (2003, 18, 93min) ★★
1.15 AM FILM **Area of Conflict** (2017, 12) ★★
3.00 **to 4.00** AM **War in the Pacific**

+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **The Disappearing Game: An Aurora Teagarden Mystery** Crime drama. (2018, PG, 83min) ★★
11.00 FILM **Below the Surface** Thriller. (2016, PG) ★★
1.00 PM FILM **Killer Ending** Thriller. (2018, 12) ★★
3.00 FILM **Super Eruption** Action disaster movie. (2011, 15, 89min) ★★
4.45 FILM **Little Nikita** Thriller. (1988, 15) ★★★
6.45 FILM **The Net** Thriller. (1995, 12) ★★★
9.00 FILM **The 5th Wave** Sci-fi adventure. (2015, 15, 112min) ★★
11.15 FILM **Roman J Israel, Esq** Crime drama. (2017, 12, 122min) ★★★
1.45 AM FILM **The Wrong Patient** Thriller. (2018, PG, 90min) ★★
3.35 **to 6.00** AM FILM **Big Fish** Fantasy. (2003, PG, 123min) ★★★

+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM FILM **Love at Sunset Terrace** Drama. (2020, PG, 90min) ★★
8.00 FILM **All Yours** Comedy. (2016, PG, 84min) ★★
10.00 FILM **Love Knots** Drama. (2021, PG) ★★
12.00 NOON FILM **Love's Second Chance** Drama. (2020, PG, 90min) ★★
2.00 PM FILM **The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
4.00 FILM **Sun, Sand and Romance** Drama. (2017, PG, 90min) ★★
6.00 FILM **A Feeling of Home** Drama. (2019, PG) ★★
8.00 FILM **One of a Kind Love** (2021, PG) ★★
10.00 FILM **Romance Retreat** Drama. (2019, PG) ★★
12.05 AM FILM **After the Storm** (2019, PG) ★★
1.35 FILM **A Vineyard Romance** (2021) ★★
3.05 **to 4.00** AM **Highway to Heaven**

+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 18/25. (S2)
9.00 **The Prisoner** 5/17. (S1)
10.00 **Star Trek: Deep Space Nine** 1/26. (S2)
11.00 FILM **King Arthur's Sword** Adventure. (2017, PG, 85min) ★★
1.00 PM FILM **Nostradamus** Sci-fi. (2000, 15) ★★
3.00 FILM **Fiend Without a Face** Sci-fi horror. (1958, 18, 75min) ★★
4.30 **The Twilight Zone** (S1)
5.00 **Star Trek** 9/30. (S1)
6.00 **Star Trek: Deep Space Nine** 2/26. (S2)
7.00 **The Prisoner** 6/17. (S1)
8.00 **Walker, Texas Ranger**
9.00 FILM **A Certain Justice** Thriller. (2014, 15) ★★
10.55 FILM **The Exorcist III** Horror sequel. (1990, 18, 109min) ★★★
1.05 AM FILM **Mercy Black** Horror. (2019, 15) ★★
2.50 **to 4.30** AM FILM **The Sorcerers** Chiller. (1967, 15, 85min) ★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Buying Alaska**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
10.00 **The Last Alaskans**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Buying Alaska**
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch** An illness forces Keith to hand over the Wizard.
9.00 **Bitchin' Rides**
10.00 **RMD Garage**
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
2.00 AM **Teleshopping**
4.00 **Tanked** With John Wall.
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 258 369

Food Network
140 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Valerie's Home Cooking**
9.00 **The Kitchen** New edition
10.00 **Forever Summer**
11.00 **American Feast**
12.00 NOON **Great British...**
2.00 PM **French Adventure**
3.00 **Meals on Wheels Back on the Road**
4.00 **Valerie's Home Cooking**
5.00 **Barefoot Contessa**
6.00 **Guy's Grocery Games**
7.00 **Great British Bake Off**
8.00 **American Feast**
9.00 **Best Baker in America**
10.00 **Meals on Wheels Back on the Road**
11.00 **Beat Bobby Flay: Holiday Throwdown** New editions Double bill.
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Restaurant: Impossible** In Greeley.
2.00 **to 3.00** AM **Asian Baking Adventure**

+1 hour 240 149

Comedy Central
112/113 132 345 360

8.00 AM **Guessable?**
9.00 **Becker** 4-7/22. (S5)
11.00 **The Middle** (S7)
1.00 PM **Friends** (S6&7)
7.30 **Friends** 4/24. An attractive man applies to be Rachel's assistant. **8.00** 5/24. Joey takes Tag out on the town. **8.30** 6/24. Monica struggles to choose a maid of honour. (S7)
9.00 **The Ricky Gervais Show** 10/13. Topics include teaching and population control. **9.30** 11/13. Topics include life as a beetle and the rights of fish.
10.00 **South Park** (S10)
11.00 **Kevin Bridges Live: The Story Continues**
12.00 M'T **Most Ridiculous**
1.00 AM **South Park**
3.00 **Key & Peele**
3.25 **Channel Hopping with Jon Richardson**
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Takeshi's Castle**
10.00 **Most Ridiculous**
11.00 **Friends** (S9)
1.05 PM **Impractical Jokers**
4.00 **The Middle** (S1)
7.00 **Becker** 4/22. A patient is convinced he is dying. **7.30** 5/22. John lands Chris in trouble. **8.00** 6/22. The doctor makes a new friend. **8.30** 7/22. The doctor treats a man with a split personality. (S5)
9.00 **Rhod Gilbert's Growing Pains**
10.00 **Jack Whitehall Gets Around** From Wembley.
12.00 M'T **Guessable?**
1.00 AM **Michael McIntyre: Showtime** Stand-up.
2.00 **Criminally Funny**
3.00 **Ricky Gervais Show**
3.50 **Bob's Burgers** (S11)
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **Ancient Aliens**
8.40 **Evidence of the Unexplained**
9.40 **Gold Hunters: The Legend of the Superstition Mountains**
10.40 **Curse of Oak Island**
11.40 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Legends of the Pharaohs** Akhenaton.
10.00 **The Lost Pyramid**
12.00 M'T **Curse of Oak Island**
1.00 AM **Evidence of the Unexplained**
2.00 **Barter Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **Auction Hunters**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 81

5SELECT
153 138 46 133

9.00 AM **Eggheads**
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Walking Tudor England** From London.
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild** In Oregon.
5.00 **Walking Tudor England**
6.00 **Inside the Tower of London** Double bill.
8.00 **One Foot in the Grave: 30 Years of Laughs** A celebration of David Renwick's classic sitcom.
9.30 **TV's 30 Most Complained About Moments** The British TV programmes that attracted complaints.
11.30 **Air Crash: Disaster Revealed** Documentary.
12.40 AM **Forged in Fire**
2.30 **Inside the Tower of London** Documentary.
3.20 **Eggheads** Quiz show.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **The Woodland Workshop** A tea set.
8.00 **Building the Dream**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Building the Dream**
4.00 **Escape to the Country**
5.00 **Woodland Workshop**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
9.00 **Your Garden Made Perfect** New edition Angela Scanlon hosts.
10.00 **First Time Fixer**
11.00 **Good Bones**
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **The Woodland Workshop** A tea set.
2.00 **House Hunters** New editions Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Donal MacIntyre's Murder Files**
12.00 NOON **The Fugitive** (S4)
1.00 PM **Fatal Vows**
3.00 **Medical Detectives** A murderer is brought to justice 24 years later. **3.30** Handwriting experts help with a murder case. **4.00** A professor helps detectives with a case. **4.30** A series of robberies in Florida leads to murder.
5.00 **The Fugitive** *The Last Oasis:* 1/30. Richard Kimble is wounded by a deputy's bullet. (S4)
6.00 **Donal MacIntyre's Murder Files**
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Donal MacIntyre's Murder Files** As 6pm.
2.00 **The Fugitive** As 5pm.
3.00 **Fatal Vows**
4.55 **to 6.00** AM **Medical Detectives**

TLC
133 133 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints** Documentary.
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **Say Yes to the Dress: Atlanta** Reality series.
8.00 **The Hair Loss Clinic**
9.00 **Monsters Inside Me**
11.00 **Dr Pimple Popper**
12.00 M'T **Body Bizarre**
1.00 AM **My Strange Addiction** Double bill.
2.00 **Monsters Inside Me**
3.00 **Extreme Cheapskates**
4.00 **The Hair Loss Clinic**
5.00 **to 6.00** AM **My 600lb Life**

+1 hour 233 365

HorrorXtra
317 171 69 138

8.00 AM FILM **Moby Dick** Action adventure. (2010, 12, 87min) ★★
10.00 **Farscape** 7/22. (S1)
11.00 FILM **Ape vs Monster** Fantasy adventure. (2021, 12, 88min) ★★
1.00 PM FILM **Icetastrophe** Sci-fi disaster movie. (2014, PG, 86min) ★★
3.00 **Farscape** 7/22. (S1)
4.00 **Battlestar Galactica**
5.00 FILM **San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
7.00 **Farscape** 2/22. (S1)
8.00 **Battlestar Galactica**
9.00 FILM **The Toybox** Horror starring Denise Richards. (2017, 15, 95min) ★
10.55 FILM **Hellraiser III: Hell on Earth** Horror sequel starring Terry Farrell. (1992, 18, 93min) ★
1.00 **to 3.00** AM FILM **The Toybox** Horror. (2017, 15, 95min) ★

+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Stop, Search, Seize**
11.00 **Paramedics Australia**
12.00 NOON **Highway Cops**
1.00 PM **Send in the Dogs**
2.00 **Most Haunted**
4.00 **Warehouse 13** (S1)
6.00 **Supergirl** 18/23. Kara tries to keep Ruby safe. **7.00** 19/23. Tanya makes her escape from Coville's cult. (S3)
8.00 **Paramedics Australia**
9.00 **Wolfe** 6/6. Wolfe's work is questioned. (S1)
10.00 **Brit Cops: Rapid Response** Documentary.
11.00 **Blue Bloods** (S13)
12.00 M'T **The Good Doctor**
1.00 AM **Motorway Patrol**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** With Sara Cox.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Hollywood Medium with Tyler Henry**
12.00 NOON **Botched**
1.30 PM **Kourtney & Kim Take New York**
2.00 **Keeping Up with the Kardashians**
6.30 **Botched** The most memorable patients.
7.00 **Botched by Nature** A female war veteran is struck by lightning. **8.00** A man with an infected chest implant.
9.00 **Keeping Up with the Kardashians**
11.00 **Hollywood Medium with Tyler Henry**
12.00 M'T **Dr 90210**
1.00 AM **Rich Kids of Beverly Hills**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Very Cavallari**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Gold Rush: White Water**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers** Car dealer Mike Brewer is back in the UK with Marc 'Elvis' Priestley.
6.00 **Diesel Brothers** The crew race to finish a stretched F650 Expedition Camper for a client, and Heavy D shocks the guys.

9.00 Expedition Unknown

7.00 **Street Outlaws** Chief, Dave, Ryan, Monza and Dominator battle for the number one spot.
8.00 **Gold Rush: Mine Rescue with Freddy & Juan** Expert gold miner Freddy Dodge helps struggling mine owners.
9.00 **Expedition Unknown** New edition Josh Gates scales a mountain to learn how a Kush king conquered Egypt.
10.00 **Scrap Kings** One of Britain's veteran scrap kings puts his profits into racing cars, and a giant brick tower is toppled.
11.00 **Naked and Afraid XL** As temperatures soar, the survivalists try to hunt whilst being hunted themselves.
12.00 M'T **Expedition Bigfoot**
1.00 AM **Expedition Unknown**
2.00 **Scrap Kings** As 10pm.
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 377

Animal Planet

162 178

8.00 AM **Insane Pools: Off the Deep End** A Mexican-style resort in a Florida backyard.
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A tiny pool.
1.00 PM **Amanda to the Rescue**
2.00 **The Aquarium** Double bill.
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** Lucas creates a retiring military couple's dream pool.

9.00 Monsters Inside Me

7.00 **Amanda to the Rescue** Amanda faces one of her most challenging rescues when a puppy arrives with neurological issues.
8.00 **Intruders** A family in Arkansas move into a house already inhabited by an infestation of deadly spiders.
9.00 **Monsters Inside Me** A mysterious affliction paralyzes a six-month-old boy, and a mother endures horror after birth.
10.00 **Alaska: The Last Frontier** Atz Lee and Jane help homesteader Mike repurpose an old city house into a cabin.
11.00 **Monsters Inside Me** Cases include an infection which eats the blood of a health worker.
12.00 M'T **Guardians of Rescue**
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262 378

Nat Geographic

129 129 825 183

8.00 AM **Abandoned**
8.30 **Made in a Day**
9.00 **Air Crash Investigation: Special Report**
10.00 **Europe from Above**
11.00 **Ultimate Airport Dubai**
12.00 NOON **Car S.O.S**
1.00 PM **To Catch a Smuggler**
2.00 **Air Crash Investigation**
3.00 **Europe from Above**
4.00 **World's Greatest Train Journeys from Above**
5.00 **Lost Cities with Albert Lin**
6.00 **Lost Treasures of Egypt** Tutankhamun's small tomb.

9.00 Air Crash Investigation

7.00 **Air Crash Investigation** Investigators can find nothing wrong with a plane that crashed moments after take-off.
8.00 **Airport Security: Peru** A divorced couple deny travelling together, whilst carrying identical bags filled with cocaine.
9.00 **Air Crash Investigation** A morning flight from Kentucky ends in disaster when a twin-engine jet careens off the tarmac.
10.00 **America's Hardest Prisons** A violent gang member serving time with her aunt, and murderous twins who face a stretch.
11.00 **Air Crash Investigation**
12.00 M'T **Airport Security**
1.00 AM **Banged Up Abroad**
2.00 **Lords of War** Double bill.
2.55 **Made in a Day**
3.20 **Food Factory**
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229 383

Sky History

123 123 821 133 353 368

6.00 AM **Forged in Fire**
7.00 **Salvage Kings**
8.00 **American Pickers**
9.00 **Pawn Stars** Documentary.
10.00 **Auction Hunters**
11.00 **Craig Charles: UFO Conspiracies**
12.00 NOON **River Hunters**
1.00 PM **Salvage Kings**
2.00 **What on Earth?**
4.00 **The Liquidator**
5.00 **Pawn Stars** Double bill.
6.00 **American Pickers** For Mike and Jersey Jon, deals are flying in a North Carolina garage.

9.00 Bloody Boston

7.00 **Forged in Fire** Four bladesmiths must forge a Damascus blade from three different steels.
8.00 **Bomber: Terror of WWII** The story of a deadly war that links Germany, Poland, Japan, Italy and Spain.
9.00 **Bloody Boston** Tracing crime in Boston in the 20th century, from the Winter Hill Gang's victory in the 1960s.
10.00 **First Blood** Examining the crimes of Ed Kemper, remembered for terrifying the coastal town of Santa Cruz in the 1970s.
11.00 **History's Greatest Myths** Groundbreaking discoveries, inventions and inventors throughout history.
12.00 M'T **Pawn Stars** Double bill.
1.00 AM **Bomber: Terror of WWII**
2.00 **Ancient Murders Unearthed**
3.00 **What on Earth?**
5.00 **to 6.00** AM **The Liquidator**

+1 hour 223 333

Yesterday

155 155 846 129 27 159

6.10 AM **Secrets of the Transport Museum** Double bill.
8.00 **Abandoned Engineering**
10.00 **War Factories**
11.00 **The World at War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Travel Man: 48 Hours in Amsterdam** With Joe Lycett.
1.30 **Travel Man: 48 Hours in Stockholm** With Sally Phillips.
2.00 **Bangers & Cash** Double bill.
4.00 **The World at War**
5.00 **War Factories**
6.00 **How to Build a Motor Car**

9.00 Great American...

7.00 **Bangers & Cash: Restoring Classics** The team gamble on restoring a Vanden Plas saloon from the 1970s. **7 PM**
8.00 **The Yorkshire Steam Railway: All Aboard** The North York Moors Railway team decide to stage an event for Halloween. **8 PM**
9.00 **Great American Railroad Journeys** Michael Portillo travels from Sedalia to St Joseph in Missouri. **9 PM**
10.00 **Bangers & Cash** A near-perfect 50s Chevy panel van and a Capri tempt auctioneer Derek out of Yorkshire. **10 PM**
11.00 **Abandoned Engineering** A theme park in Buenos Aires built in a time of terror.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Secrets of the Transport Museum** Documentary.
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Supertruckers**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A wardrobe trunk.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters**
9.00 **Saving Lives at Sea**
10.00 **Street Cops UK** New edition Dan helps a man whose flat has been taken over by drug dealers.
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Massive Engineering Mistakes** Documentary.
2.00 **Supertruckers**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Disappeared** Macin Smith.
11.00 **Forensic Detectives**
1.00 PM **FBI Files** A bank robbery.
2.00 **Disappeared** Bob Harrod.
3.00 **Lone Star Mystery: A Disappeared Special**
4.00 **Missing in Maui: A Disappeared Special**
5.00 **Say Yes to the Dress**
6.00 **Say Yes to the Dress: Lancashire** Reality series.
7.00 **Long Lost Family**
8.00 **Murder Under the Friday Night Lights** A cheerleader vanishes in a Kentucky town.
9.00 **Murder on CCTV**
10.00 **Mean Girl Murders** New edition In a petty tit-for-tat, two college roommates channel their inner mean girl.
11.00 **Deadly Women**
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** Solving real crimes using forensic techniques and reconstructions. **7.30** A politician dies in mysterious circumstances.
8.00 **See No Evil** Tom and Jill Estes' bodies are found behind a dumpster in Festus, Missouri.
9.00 **Crimes That Shook Australia** The story of Canberra law student Anu Singh, who in 1997 laced her boyfriend's coffee with heroin and rohypnol. **10.00** A look at the murder of 31-year-old Morgan Huxley, who was found by his flatmate lying in a pool of blood in 2013.
11.00 **To Catch a Killer** The team try to identify Nadine Gurczenski's killer 14 years after her murder.
12.00 M'T **Cold Justice**
1.00 AM **Crimes That Shook Australia** As 9pm & 10pm.
3.00 **See No Evil** As shown at 8pm.
3.50 **Medical Detectives**
4.15 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Forensics: Catching the Killer** Crime documentary.
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **When Life Means Life**
6.00 **Forensics: Catching the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Low Country: The Murdaugh Dynasty** A lawyer accused of murdering his wife and his son.
10.00 **Murdered at First Sight**
11.00 **The Torso Killer**
1.00 AM **Killer in My Village**
2.00 **Murders That Shocked the Nation: Jack the Ripper**
3.00 **When Life Means Life**
4.00 **Murdered at First Sight**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.40 **Who Killed Ivan the Terrible?**
9.50 **Annie Oakley** As 7.35pm.
10.55 **Muhammad Ali**
1.00 PM **Nazca Desert Mystery**
2.05 **Who Killed Ivan the Terrible?**
3.15 **Annie Oakley** As 7.35pm.
4.20 **Muhammad Ali**
6.30 **Who Killed Ivan the Terrible?** Investigating the mysterious death of the Russian dictator, a man who ruled his huge empire by terror, but could have been the victim of an assassination.
7.35 **Annie Oakley** The life of the sharpshooter, who rose from poor beginnings to almost mythical status as a pioneer of sexual equality and stardom.
8.45 **Muhammad Ali** Ali shocks the world when he defeats George Foreman in the Rumble in the Jungle in Zaire, before facing Joe Frazier for a third time.
10.50 **Annie Oakley** As 7.35pm.
12.00 M'T **Who Killed Ivan the Terrible?** As 6.30pm.
1.05 **to 2.00** AM **Beautiful Serengeti**

FRIDAY

Friday

Sky Documentaries

121 121 819 188 352 367

6.00 AM **Fish Town**
7.00 **Discovering: Robin Williams**
8.00 **The Directors** Orson Welles.
8.55 **Gaming Wall St**
10.00 **The Good Fight Club**
11.00 **Juan Carlos: Downfall of the King** Documentary.
12.00 NOON **Say Hey, Willie Mays!**
2.00 PM **I Am Jackie O**
3.50 **My Icon: Michael Campbell**
4.00 **The Directors** Orson Welles.
5.00 **Discovering: Robin Williams**
6.00 **First Ladies** Documentary.
7.00 **Juan Carlos: Downfall of the King** The rise and fall of former Spanish King Juan Carlos I.
8.00 **The Good Fight Club**
9.00 **Angel City** Documentary.
10.10 **Pantani: The Accidental Death of a Cyclist**
12.10 AM **Bruno v Tyson**
2.00 NEW SERIES **Superpowered: The DC Story** Documentary.
3.00 **Never Surrender: A Galaxy Quest Documentary**
4.45 **My Icon: Natasha Jonas**
5.00 **to 6.00** AM **Discovering: Robin Williams**

Sky Nature

124 124 822 189 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Secret Life of the Kangaroo**
9.00 **A Wild Year on Earth**
10.00 **Great Blue Wild**
11.00 **Mysteries of the Mekong**
12.00 NOON **America's Wild Border: Northern Exposure**
1.00 PM **Monkey Life**
2.00 **Secret Life of the Kangaroo**
3.00 **A Wild Year on Earth**
4.00 **Great Blue Wild**
5.00 **Mysteries of the Mekong**
6.00 **America's Wild Border: Northern Exposure**
7.00 **Monkey Life**
8.00 **City Wildlife Rescue**
9.00 **Beasts of the Big Blue**
10.00 **Mysteries of the Mekong**
11.00 **America's Wild Border: Northern Exposure**
12.00 M'T **Predators** Documentary.
1.00 AM **The Predator's Playbook**
2.00 **City Wildlife Rescue**
3.00 **Beasts of the Big Blue**
4.00 **Secret Life of the Kangaroo**
5.00 **to 6.00** AM **A Wild Year on Earth**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Rust Valley Restorers**
9.00 **Alien Files: Unsealed**
10.00 **Strangest Things**
11.00 **Ancient Aliens**
1.00 PM **Celts: The Untold Story**
2.00 **Dangerous Missions**
4.00 **Alien Files: Unsealed**
5.00 **Ultimate Mysteries**
6.00 **Battle 360** The American invasion of the Solomon Islands.
7.00 **Treasures Decoded**
8.00 **Dangerous Missions**
9.00 **8 Days That Made Rome** The day that Emperor Constantine the Great was baptised.
10.00 **The Witches of Salem** How the Salem witch trials rapidly found women guilty.
11.00 **Alien Files: Unsealed** Fighter pilot encounters with UFOs. **11.30** Exploring top-secret studies into UFO sightings.
12.00 M'T **Ancient Aliens**
2.00 AM **Rust Valley Restorers**
3.00 **The Witches of Salem**
4.00 **Celts: The Untold Story**
5.00 **to 6.00** AM **Dangerous Missions**

Crime+Investigation

156 156 837 131

6.00 AM **The First 48**
7.00 **The First 48: The Detective Speaks** Documentary.
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Sunshine Slayings**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Murdered by Morning**
3.00 **Snapped Behind Bars**
4.00 **Robbie Coltrane's Critical Evidence** Suzanne Pilley.
5.00 **Homicide Hunter**
6.00 **The First 48** Double bill.
8.00 **Sunshine Slayings** New edition
9.00 **Taking the Stand** New edition
10.00 **Court Cam** Double bill.
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Taking the Stand**
2.00 **Robbie Coltrane's Critical Evidence** Suzanne Pilley.
3.00 **Murdered by Morning**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **Real Murders of Atlanta**

+1 hour 256 331

WILD

165 165 841 182

8.00 AM **Bizarre Animal Friends**
9.00 **Wild Mississippi**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **When Sharks Attack**
3.00 **Hostile Planet**
4.00 **Secrets of the Zoo**
5.00 **Fish Tank Kings**
6.00 **Snakes in the City** Simon and Nadine Keys return.
7.00 **Secrets of the Zoo: Tampa** The vets solve mysteries and make history with an orangutan's belly button.
8.00 **Rogue Shark** A series of shark attacks in the same area of water in just 10 days.
9.00 **Shark Eat Shark**
10.00 **Sharks Vs Dolphins: Bahamas Battleground**
11.00 **Shark Attack Files**
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Deadly Dozen**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers**
7.00 **Devonport: Inside the Royal Navy** *HMS Sutherland.*
8.00 **Unsolved History**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
11.00 **How the Universe Works**
12.00 NOON **Mysteries at the Castle**
1.00 PM **Combat Dealers**
2.00 **Devonport: Inside the Royal Navy** On board *HMS Raleigh.*
3.00 **Blowing Up History**
4.00 **The Alaska Triangle**
5.00 **HMS Ark Royal**
6.00 **Mysteries at the Castle**
7.00 **Expedition Unknown: Hunt for Extraterrestrials**
8.00 **Combat Dealers** The secrets of World War Two spies.
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 M'T **Combat Dealers**
2.00 AM **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Africa From Above**
10.00 **Conquerors**
11.00 **The Zoo** Double bill of editions.
12.00 NOON **The Life of Birds**
1.00 PM **Africa** As 7.00pm.
2.00 **Africa From Above**
3.00 **Impossible Engineering**
4.00 **Life in the Great Wetlands**
5.00 **Conquerors** As 9.00pm.
6.00 **The Zoo** Double bill of editions.
7.00 **Africa** David Attenborough explores the continent's wildlife.
8.00 **Life in the Great Wetlands**
9.00 **Conquerors** Examining the success of the fire ant.
10.00 **The Zoo** Two of the sea lions prepare to give birth. **10.30** Sea lion pups explore their underwater habitat.
11.00 **Africa** As 7.00pm.
12.00 M'T **Life in the Great Wetlands**
1.00 AM **Africa From Above**
2.00 **Conquerors** As 9.00pm.
3.00 **The Zoo** Double bill of editions.
3.50 **Africa From Above**
4.40 **Conquerors**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Southern Fried Homicide**
6.00 **Forensic Detectives**
8.00 **Still a Mystery** Two young women who vanished after venturing out alone at night.
9.00 **What Lies Beneath** The disappearance of a pregnant woman on the island of Maui.
10.00 **Deadliest Mums & Dads** A man recalls the day police were forced to shoot his father. **11.00** Shafilea Ahmed.
12.00 M'T **Still a Mystery**
1.00 AM **Betrayed** Joan Bent.
2.00 **The 1980s: The Deadliest Decade** Documentary.
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Scrap Kings**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Wheeler Dealers**
9.00 **Mega Shippers**
10.00 **Garage Squad**
11.00 **Junkyard Empire**
12.00 NOON **Chasing Classic Cars**
1.00 PM **Fifth Gear**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Arctic Ice Railroad**
5.00 **Outback Truckers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Wheeler Dealers**
9.00 **Garage Squad** The squad raise a 1971 Firebird from the ashes for the first time in years.
10.00 **Demolition Down Under** Salvage divers have a big task in North Queensland.
11.00 **Mega Shippers**
12.00 M'T **Wheeler Dealers**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud Revved Up**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Locksmith** Mystery. (2022, 15, 88min) ★★★
7.50 **Emily** As shown at 12.15am.
10.15 **Breaking Point** As 4.40pm.
12.10 PM **Broker** South Korean crime comedy. Subtitled. (2022, 12, 124min) ★★★★
2.30 **Armageddon Time** Drama. (2022, 15, 114min) ★★★
4.40 **Breaking Point** Drama. (2023, 12, 102min) ★★★
6.35 **Black Adam** Adventure. (2022, 12, 125min) ★★★

9.00 Babylon

Black Adam (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 PREMIERE **Babylon** Drama starring Brad Pitt and Margot Robbie. *See review, page 22.* (2022, 18, 188min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM **Emily** Drama with Emma Mackey, Oliver Jackson-Cohen and Adrian Dunbar. A story of the life of Emily Bronte and her relationship with a parish curate. (2022, 15, 130min) ★★★★
2.35 **It Is In Us All** Drama starring Cosmo Jarvis and Claes Bang. (2022, 15, 92min) ★★★
4.15 **to 6.30** AM **Broker** (2022)

+1 hour 312

Sky Cinema Screen Queens

303 303 403 503 517

6.20 AM **Aisha** As 4.10am.
8.05 **The Client** As 12.00m't.
10.15 **Ghost** (1990, 12) ★★★★
12.25 PM **Sleepless in Seattle** Romantic comedy. (1993, PG, 105min) ★★★★★
2.15 **Notting Hill** Romantic comedy. (1999, 15, 120min) ★★★★
4.25 **Charlie's Angels** Comedy. (2000, 15, 97min) ★★★★
6.10 **Charlie's Angels: Full Throttle** Comedy sequel. (2003, 12, 106min) ★

4.25 Charlie's Angels

8.00 **The Lost City** Adventure comedy starring Sandra Bullock and Channing Tatum. A novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands both in danger. With Brad Pitt. (2022, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **Last Night in Soho** Mystery starring Thomasin McKenzie and Anya Taylor-Joy. An aspiring fashion designer is able to enter the 1960s, where she encounters a dazzling wannabe singer. (2021, 18, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **The Client** Crime thriller. (1994, 15, 121min) ★★★
2.10 AM **Halloween Ends** Horror sequel with Jamie Lee Curtis. (2022, 18, 111min) ★★★
4.10 **to 6.00** AM **Aisha** Drama. (2022, 12, 94min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **Long Story Short** (2021)
8.00 **Six Minutes to Midnight** (2020)
9.45 **Staying Alive** As 12.35am.
11.25 **Dear John** Romantic drama. (2010, 12, 108min) ★★
1.20 PM **Cold Mountain** Anthony Minghella's romantic drama. (2003, 15, 152min) ★★★
4.00 **Birdy** Drama starring Nicolas Cage and Matthew Modine. (1984, 15, 120min) ★★★★
6.10 **Kramer vs Kramer** Drama starring Dustin Hoffman. (1979, PG, 104min) ★★★★★
8.00 **Forrest Gump** Multi-Oscar-winning whimsical fable starring Tom Hanks as a simpleton who leads a charmed existence over four decades of US history. (1994, 12, 136min) ★★★★
10.25 **Big Fish** Tim Burton's fantasy drama about a man who charms everyone with his incredibly exaggerated stories. (2003, PG, 123min) ★★★
12.35 AM **Staying Alive** Dance sequel. (1983, PG, 96min) ★
2.20 **Six Minutes to Midnight** Thriller. (2020, 12, 99min) ★★★
4.10 **Long Story Short** Comedy. (2021, 15, 90min) ★★★
5.50 **to 7.30** AM **Pig** Survival drama. (2021, 15, 92min) ★★★★

Sky Cinema Summer Scares

311 311 411 511 525

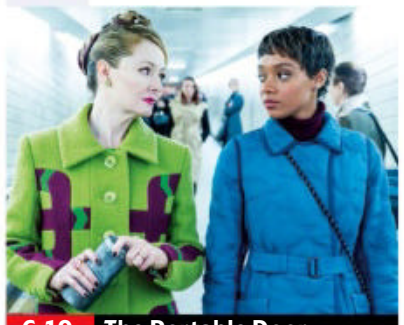
6.00 AM **Great White** As 4.05am.
7.40 **We Still Say Grace** Thriller. (2020, 15, 94min) ★★★
9.30 **The Possession** As 6.20pm.
11.15 **The Fog** Supernatural chiller. (1979, 15, 90min) ★★★
1.00 PM **The Devil Inside** Found-footage horror thriller. (2012, 15, 79min) ★
2.40 **The Black Phone** Horror. (2022, 15, 103min) ★★★
4.40 **The Blair Witch Project** Documentary-style chiller. (1999, 15, 76min) ★★★★
6.20 **The Possession** Horror thriller starring Jeffrey Dean Morgan. (2012, 15, 90min) ★★★
8.00 **Jaws** Steven Spielberg's blockbuster monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. (1975, 12, 125min) ★★★★★
10.10 **Open Water** Thriller with Daniel Travis and Blanchard Ryan. (2003, 15, 80min) ★★★★
11.50 **Halloween Kills** Horror sequel. (2021, 18, 105min) ★★★★
1.50 AM **The Cinema List: The 90s**
2.05 **Naked Lunch** Director David Cronenberg's fantasy horror. (1991, 18, 115min) ★★★
4.05 **to 6.00** AM **Great White** Thriller. (2021, 15, 91min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.45 AM **The Cinema List**
7.10 **Smurfs 2** (2013, U) ★★
9.00 **Alvin and the Chipmunks: Squeakquel** (2009, U) ★★
10.35 **Penelope** (2006, U) ★★★
12.10 PM **Next Karate Kid** Drama sequel. (1994, PG) ★★
2.00 **Around the World in 80 Days**
4.00 **Ghostbusters: Afterlife** Supernatural comedy reboot. (2021, 12, 124min) ★★★★
6.10 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★


6.10 The Portable Door

8.10 **The Karate Kid** Martial arts family drama starring Jaden Smith and Jackie Chan. A 12-year-old American boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. With Taraji P Henson. (2010, PG, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

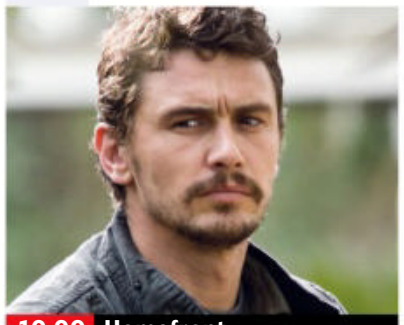
10.35 **Tarzan** Animated adventure featuring the voices of Kellan Lutz and Spencer Locke. (2013, PG, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Nancy Drew and the Hidden Staircase** Crime drama starring Sophia Lillis. (2019, PG, 89min) ★★★
1.55 **Around the World in 80 Days** Comedy adventure. (2004, PG, 120min) ★★★
4.05 **Bratz** Teen comedy. (2007, PG, 98min) ★★
5.50 **to 7.30** AM **Nancy Drew and the Hidden Staircase** (2019)

Sky Cinema Action

307 307 407 507 521

7.00 AM **Resident Evil: Extinction** Thriller. (2007, 15) ★★
8.50 **Fast & Furious 7** Thriller sequel. (2015, 12) ★★★★
11.20 **Born a Champion** Drama. (2020, 15, 112min) ★★
1.25 PM **Clean** Crime drama. (2021, 15, 94min) ★★
3.10 **RED** Action comedy thriller. (2010, 12, 111min) ★★★★
5.15 **Terminator 2: Judgment Day** Thriller sequel. (1991, 15, 146min) ★★★★★


10.00 Homefront

8.00 **Top Gun** Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. With Kelly McGillis, Tom Skerritt and Val Kilmer. (1986, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

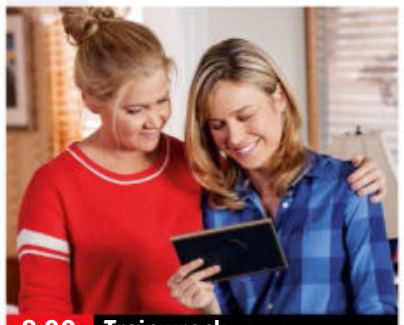
10.00 **Homefront** Action thriller starring Jason Statham and James Franco. A former federal agent falls foul of a local meth-dealer after moving to a quiet Louisiana town with his daughter. (2013, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Fast & Furious Greatest Moments: Refuelled**
12.35 AM **The Equalizer** Thriller starring Denzel Washington. (2014, 15, 132min) ★★★
2.55 **Terminator 2: Judgment Day** As shown at 5.15pm.
5.30 **to 7.05** AM **RED** As 3.10pm.

Sky Cinema Fun

308 308 408 508 522

7.20 AM **Outside Story** (2020)
9.00 **The Cinema List: The 90s**
9.20 **Charming the Hearts of Men** Drama. (2021, 12) ★★★
11.20 **Just Friends** As 3.25am.
1.05 PM **A Night at the Roxbury** Comedy. (1998, 15) ★
2.40 **The Boss** Comedy drama. (2015, 15, 89min) ★★★
4.25 **Grown Ups** Comedy. (2010, 12, 102min) ★★★
6.15 **Grown Ups 2** Comedy sequel. (2013, 12, 101min) ★


8.00 Trainwreck

8.00 **Trainwreck** Comedy with Amy Schumer and Bill Hader. A journalist who lives her life by the maxim that monogamy does not work has second thoughts when she falls for an interviewee. (2015, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Meet the Fockers** Comedy sequel starring Robert De Niro, Dustin Hoffman, Ben Stiller and Barbra Streisand. (2004, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Wayne's World** Comedy spin-off starring Mike Myers. (1992, PG, 95min) ★★★★
1.50 **Jackass: The Movie** Comedy. (2002, 18, 87min) ★
3.25 **Just Friends** Romantic comedy with Ryan Reynolds. (2005, 12, 94min) ★★
5.05 **to 6.35** AM **Outside Story** Drama with Brian Tyree Henry. (2020, 15, 85min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Kindred** As 4.20am.
7.45 **Marlowe** Crime thriller. (2022, 15, 110min) ★★
9.45 **The Sweeney** Action thriller. (2012, 15, 112min) ★★★
11.45 **Prisoners** Gripping thriller. (2013, 15, 153min) ★★★★
2.20 PM **Limitless** Action thriller. (2011, 15, 104min) ★★★★
4.20 **Four Brothers** Crime thriller. (2005, 15, 109min) ★★★
6.15 **Frailty** Crime horror thriller. (2001, 15, 100min) ★★★

6.15 Frailty

8.00 **Layer Cake** Gangster thriller starring Daniel Craig, Michael Gambon and Sienna Miller. A slick London drug dealer finds himself in trouble when a deal goes sour. (2004, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

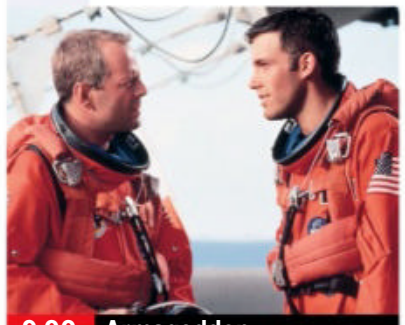
9.50 **Panic Room** Thriller starring Jodie Foster. A newly divorced woman and her daughter are trapped in a safe room in their home. (2002, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Pulp Fiction** Quentin Tarantino's crime comedy starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★
2.30 AM **Law Abiding Citizen** Crime thriller starring Jamie Foxx and Gerard Butler. (2009, 18, 109min) ★★
4.20 **to 6.10** AM **Kindred** Horror starring Tamara Lawrance. (2021, 15, 101min) ★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Anne of the Indies** Swashbuckling adventure. (1951, U, 81min) ★★★
12.40 PM **Cockleshell Heroes** War drama. (1955, U, 94min) ★★★
2.40 **The Colditz Story** War drama. (1954, b/w, U, 97min) ★★★
4.50 **It Came from Beneath the Sea** Sci-fi with Faith Domergue. (1954, b/w, U, 80min) ★★
6.30 **Deep Impact** Disaster movie. (1998, 12, 123min) ★★★★


9.00 Armageddon

Deep Impact (film started at 6.30pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Armageddon** Sci-fi adventure starring Bruce Willis, Liv Tyler and Ben Affleck. An oil driller and his team of roughnecks attempt to intercept and destroy a giant asteroid that is on a collision course with Earth. (1998, 12, 151min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

12.05 AM **Dredd** Sci-fi action thriller starring Karl Urban. Judge Dredd, a 21st-century lawman in a crime-ridden metropolis, takes on a ruthless drug lord. (2012, 18, 95min) ★★★ **11 PM**
1.55 **to 3.45** AM **Airplane II – The Sequel** Comedy sequel to *Airplane!* starring Robert Hays and Julie Hagerty. (1982, 15, 81min) ★★★

+1 hour 314 430 47 301

Sky Cinema Wizarding World

302 302 402 502 516

6.00 AM **Harry Potter and the Philosopher's Stone** (2001)
8.35 **Harry Potter and the Chamber of Secrets** As 4.40am.
11.20 **Harry Potter and the Prisoner of Azkaban** Fantasy sequel. (2004, PG, 142min) ★★★★★
1.45 PM **Harry Potter and the Goblet of Fire** Adventure sequel starring Daniel Radcliffe. (2005, 12, 157min) ★★★
4.25 **Harry Potter and the Order of the Phoenix** Fantasy sequel. (2007, 12, 132min) ★★★
6.45 **Harry Potter and the Half-Blood Prince** Fantasy sequel. (2009, 12, 153min) ★★★★★
9.20 **Harry Potter and the Deathly Hallows: Part I** Fantasy sequel starring Daniel Radcliffe, Rupert Grint and Emma Watson. (2010, 12, 146min) ★★★★
11.50 **Harry Potter and the Deathly Hallows: Part II** Fantasy sequel. (2011, 12, 130min) ★★★★★
2.05 AM **Harry Potter and the Philosopher's Stone** Fantasy starring Daniel Radcliffe. (2001, PG, 152min) ★★★★
4.40 **to 7.20** AM **Harry Potter and the Chamber of Secrets** Fantasy with Daniel Radcliffe. (2002, PG, 161min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Funny Face** As 2.45am.
8.00 **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★
9.45 **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
11.25 **The Duellists** Period drama. (1977, PG, 101min) ★★★★
1.10 PM **The Last of the Mohicans** Adventure. (1992, 15) ★★★★
3.05 **Guys and Dolls** Musical. (1955, U, 150min) ★★★★
5.35 **The Great Gatsby** Romantic drama starring Robert Redford. (1974, 12, 146min) ★★★
8.00 **The Terminal** Comedy drama starring Tom Hanks as a traveller from Eastern Europe who becomes stranded in New York's JFK airport terminal. (2004, 12, 129min) ★★★★
10.20 **The Social Network** Oscar-winning drama starring Jesse Eisenberg, Andrew Garfield and Justin Timberlake. (2010, 12, 120min) ★★★★★
12.35 AM **Taxi Driver** Martin Scorsese's disturbing drama. (1976, 18, 110min) ★★★★★
2.45 **Funny Face** Romantic musical. (1956, U, 103min) ★★★★
4.45 **The Cinema List: The 90s**
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.40 AM **Batman Unlimited: Animal Instincts** As 12.40am.
8.05 **Scooby-Doo! & Batman: The Brave and the Bold** Animation. (2018, PG, 75min) ★★★
9.35 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
11.05 **Amazing Maurice** Animation. (2022, PG, 93min) ★★★★
12.50 PM **Shrek the Third** Animated sequel. (2007, U) ★★★★
2.35 **Lego DC Super Hero Girls: Super-Villain High** Animation. (2018, PG, 78min) ★★
4.00 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
5.50 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
7.50 **Birds of a Feather** Animated comedy. (2019, U, 90min) ★★
9.30 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
11.00 **Mia and Me: Hero of Centopia** Animation. (2022, U) ★★★
12.40 AM **Batman Unlimited: Animal Instincts** (2015, PG) ★★
2.10 **Lego DC Super Hero Girls: Super-Villain High** As 2.35pm.
3.40 **Open Season 3** As 9.30pm.
5.10 **Cinema List: Family Favourites**
5.30 **to 7.15** AM **The Jungle Bunch** Animation. (2017, U) ★★★

Movies 24

325 419

7.00 AM **Haul Out the Holly** Comedy. (2022, PG, 90min) ★★
9.00 **#Xmas** Comedy starring Clare Bowen. (2022, PG, 90min) ★★
11.00 **Sugar Plum Twist** Festive drama. (2021, PG, 90min) ★★
1.00 PM **Project Christmas Wish** Drama. (2020, PG, 85min) ★★
3.00 **Christmas in New York** Drama starring Olivia Washington. (2021, PG, 84min) ★★
5.00 **My Christmas Wish** Romantic drama. (2020, PG, 84min) ★★
7.00 **Mistletoe Magic** Romantic drama starring Jessica Sipos. When a woman mistakenly donates her family's prized mistletoe to charity, she enlists a friend to help retrieve it. (2019, PG, 85min) ★★
9.00 **We Wish You a Married Christmas** Comedy starring Marisol Nichols. A couple spend Christmas in a small town inn. (2022, PG, 90min) ★★
11.00 **Christmas in Montana** Drama. (2019, PG, 82min) ★★
1.00 AM **A Holiday Spectacular** Drama. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Ghosts of Christmas Always** (2022) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Ensign O'Toole** 13/32. (S1)
6.30 **Hollow Triumph** Thriller. (1948, b/w, PG, 83min) ★★★
8.05 **One Step Beyond** 12/22. (S1)
8.40 **Further Up the Creek** Comedy sequel. (1958, b/w, U) ★★
10.30 **How to Murder Your Wife** Comedy. (1964, PG) ★★★★
12.45 PM **Johnny Nobody** Drama. (1961, b/w, U, 88min) ★★
2.30 **Crown Court** 12/39. (S1)
3.00 **Doctor at Large** Comedy sequel. (1957, U, 104min) ★★★
4.50 **The Hideout** Crime thriller. (1956, b/w, U, 55min) ★★
6.00 **Time to Remember**
6.30 **Dr Crippen** (1962, 15) ★★
8.30 **Dial 999** 27/39. (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **Count Yorga, Vampire** Horror. (1970, 15, 91min) ★★★
10.55 **Cellar Club with Caroline...**
11.00 **Tales of Terror** Horror. (1962, 15, 85min) ★★★
12.45 AM **Cellar Club with Caroline...**
12.50 **Bluebeard** (1944, PG) ★★
2.10 **Cellar Club with Caroline...**
2.15 **Wonderful Things** Comedy. (1958, b/w, PG, 85min) ★★
4.00 **Dick Powell's Zane Grey Theatre** 12/30. (S2)
5.00 **to 6.00** AM **Target: The Corruptors**

CHANNEL CHANGE TNT SPORTS
BT Sport has changed its name to TNT Sports

Friday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
6.30 LIVE **The Open** Coverage of the second day of the tournament, taking place at the Royal Liverpool Golf Club in Hoylake, Merseyside.
11.00 LIVE **The Ashes England v Australia.** Coverage of the third day of the fourth Test in the five-match series from Emirates Old Trafford in Manchester.
6.30 PM LIVE **The Open** Coverage of the second day of the tournament from Hoylake in Merseyside.
8.30 LIVE **World Matchplay Darts** Coverage of the seventh day of the tournament, which takes place at Winter Gardens in Blackpool.
11.00 LIVE **PGA Tour Golf** Coverage of the second day of the Barracuda Championship, which takes place at Tahoe Mountain Club's Old Greenwood Golf Course in Truckee, California.
1.00 AM **Sky Sports News**
3.45 **Super League Gold**
3.50 LIVE **NRLW Gold Coast Titans v North Queensland Cowboys.** From Cbus Super Stadium in Robina. Kick-off **3.50am**.
5.50 **to 6.00** AM **Super League Gold**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **MNF Hlts** Recent action.
10.00 **PL Retro** A replay of Arsenal v Manchester United from 2005.
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **MNF Hlts** Recent action.
5.00 **Premier League Review**
7.00 **MNF Hlts** Action from Leicester City v Liverpool. **7.30** Liverpool v Crystal Palace.
8.00 **Gary Neville's Soccerbox** The presenter talks to Thierry Henry.
8.30 **Premier League Stories**
9.00 **Outraged: Football's Discrimination**
10.00 **Premier League Icons** A profile of Fernando Torres.
10.30 **PL Retro** A chance to see Arsenal v Leeds United in 2003.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2016/17 play-offs.
9.00 **SPFL Greatest Games** Hibernian v Celtic in 2018/19.
9.30 **EFL Greatest Games**
10.00 **Retro League One** A chance to see Swindon Town v Sheffield United in the 2015 play-off semi-final second-leg match.
12.00 NOON **EFL Cup Retro** Chelsea v Manchester City in the 2019 final.
2.45 PM **EFL Greatest Games** Norwich City v Ipswich Town.
3.00 **EFL Cup Retro** Aston Villa v Manchester Utd in the 2010 final.
5.00 **EFL Greatest Games**
5.30 **SPFL Greatest Games** Hearts v Celtic from 2018/19.
6.00 **Inside the WSL**
7.00 **The Lionesses: A League of Their Own Special**
8.00 **The Ashes** England v Australia.
9.00 **Lionesses: How Football Came Home** The inside story.
10.30 **Lionesses Special: Their Story**
11.30 **Inside the WSL**
12.30 AM **SPFL Greatest Games**
1.00 **EFL Cup Retro** Liverpool v Cardiff City in the 2012 final.
3.45 **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Captain's Log**
7.00 **The Ashes** England v Australia.
8.00 **The Ashes Bitesize**
8.15 **Best of T20 Blast Finals Day**
8.30 **The Ashes** England v Australia.
9.30 **Talking Cricket**
10.00 **The Ashes Bitesize**
10.15 LIVE **The Ashes England v Australia.** Coverage of the third day of the fourth Test in the five-match series from Emirates Old Trafford in Manchester.
7.00 PM **Secrets of Success** Nasser Hussain meets some of the most successful leaders in sport.
7.30 **Ace: A Programme for Change**
8.00 **The Ashes** England v Australia.
9.00 **Women's Ashes** Action from England v Australia in Taunton.
10.00 **The Ashes** England v Australia.
11.00 **The Ashes Bitesize** England v Australia on the third day of the fourth Test of the series.
11.15 **Ace: A Programme for Change**
11.45 **The Ashes Bitesize**
12.00 M'T **Vitality T20 Blast Cricket**
3.45 AM **Changing the Game**
4.00 **The Ashes** England v Australia.
5.00 **Changing the Game**
5.15 **My Icon** Charlotte Edwards.
5.30 **to 6.00** AM **Ashes Memories**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **The Open Verdict** Reaction to and analysis of the first day of the 151st Open Championship.
6.30 LIVE **The Open** Coverage of the second day of the tournament, staged at the Royal Liverpool Golf Club in Hoylake, Merseyside.
1.00 PM LIVE **The Open** Further coverage of the second day of the tournament, staged at the Royal Liverpool Golf Club in Merseyside.
9.00 PM **The Open** Reaction to and analysis of the second day of the 151st Open Championship at the Royal Liverpool Golf Club.
9.30 **The Open** Action from the second day of the tournament at Royal Liverpool Golf Club.
10.30 LIVE **PGA Tour Golf** Coverage of the second day of the Barracuda Championship, which takes place at Tahoe Mountain Club's Old Greenwood Golf Course in Truckee, California.
1.00 AM **The Open** Action from the second day of the tournament.
2.00 **The Open Verdict**
2.30 **Chronicles of a Champion Golfer** Profiles of leading players.
4.00 **The Open Films: Clarke 2011**
5.00 **to 6.00** AM **The Open**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM LIVE **Badminton** Coverage of the quarter-finals of the Korea Open, staged at the Yeosu Jinnam Stadium in Yeosu, South Korea.
11.30 **PTO Triathlon** Highlights of the European Open.
12.30 PM **Fishing: On the Bank** Angling magazine show presented by Rob Hughes and Andy Ford.
1.30 **Test Cricket Highlights** West Indies v India: Action from the first day of the second and final Test in the series, staged at Queen's Park Oval, Port of Spain.
2.30 LIVE **Test Cricket West Indies v India.** Coverage of the second day of the second and final Test in the series, staged at Queen's Park Oval in Port of Spain.
11.00 **WWE NXT Highlights**
12.00 M'T **WWE SmackDown Highlights** Wrestling action.
1.00 AM LIVE **WWE Friday Night SmackDown** Wrestling coverage, featuring the likes of Roman Reigns, Drew McIntyre and Charlotte Flair.
3.00 **Premier League Review** A review of the 2022/23 season.
4.00 **to 6.00** AM **World Poker Tour Series**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **Test Cricket Highlights**
7.00 LIVE **World Rally Championship** Coverage of the Special Stages two and three.
8.45 **Deaf Away Days**
9.00 **TNT Sports Goals Reload**
9.30 LIVE **World Rally Championship** Coverage of the Special Stage four on the second day of the event from Estonia.
10.30 **TNT Sports Goals Reload**
12.30 PM LIVE **World Rally Championship** Coverage of the Special Stages five and six.
2.30 **Premier League Stories**
3.00 **Badminton Weekly**
3.15 LIVE **World Rally Championship** Coverage of the Special Stages seven and eight.
5.00 **UFC** UFC London bout preview.
6.00 **AFL** A chance to see Essendon Bombers v Western Bulldogs.
8.00 **World Poker Tour Series**
10.00 **Fight Week** UFC London preview.
10.30 LIVE **Major League Cricket Seattle Orcas v Texas Super Kings.** From Church Street Park.
2.30 AM **World Rally Championship**
3.00 **AFL** Essendon v Western Bulldogs.
5.00 **to 6.00** AM **MLB**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **UEFA Europa League & Conference League Magazine**
7.00 **WWE Raw Highlights**
8.00 **WWE NXT Highlights**
9.00 **Test Cricket Highlights**
10.00 **Sport in Focus**
10.30 LIVE **AFL Essendon Bombers v Western Bulldogs.** At Marvel Stadium, Bounce-up **10.50am**.
1.30 PM **Rio Ferdinand's Between the Lines**
2.00 **Ligue 1 Highlights**
3.00 **WWE NXT** Wrestling action.
4.45 **Ariel Helwani Meets**
5.15 **Premier League Stories**
5.45 **Deaf Away Days**
6.00 **Fishing: On the Bank**
7.00 LIVE **MLB Chicago Cubs v St Louis Cardinals.** Coverage from Wrigley Field. Start-time **7.20pm**.
10.30 **Premier League Legends**
11.00 **World Rally Championship**
11.30 **TNT Sports Reload**
12.00 M'T LIVE **MLB Tampa Bay Rays v Baltimore Orioles.** Coverage from Tropicana Field.
3.30 AM **MLB Plays of the Week**
4.00 **MLB** The 2022 season.
5.00 **to 8.00** AM LIVE **AFL Carlton Blues v West Coast Eagles.**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **NFL Bitesize Highlights**
7.00 **World Matchplay Darts**
10.00 **Top Rank Boxing Archive** Marvin Hagler v Roberto Duran. **11.30** Action from Marvin Hagler v Thomas Hearns from 1985.
12.00 NOON **NFL Highlights** Kansas City Chiefs v Cincinnati Bengals.
1.00 PM **Super Bowl LVII Highlights** Action from Philadelphia Eagles v Kansas City Chiefs.
3.00 **49 Hours** American football.
4.45 **NFL Bitesize Highlights** Action from Philadelphia Eagles v San Francisco 49ers.
5.00 **World Matchplay Darts** The sixth day of the tournament.
8.00 LIVE **World Matchplay Darts** Coverage of the seventh day of the tournament, at Winter Gardens in Blackpool, featuring the two remaining quarter-finals.
11.00 **Legends of Darts**
12.00 M'T **Total Access** A round-up of all the latest NFL news.
1.00 AM **The Rugby Championship**
3.10 **Darts Top Five Moments**
3.15 **My Icon** Maggie Alphonsi.
3.30 **The Rugby Championship**
5.40 **Darts Top Five Moments**
5.45 **to 6.00** AM **My Icon**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **My Icon** Double bill.
8.00 **Betfred Super League Highlights** Top-flight action.
8.30 **The Ashes** England v Australia.
9.30 **World Matchplay Darts**
1.00 PM **Fight Night International**
2.00 **Premier League Years**
4.00 **World Matchplay Darts**
7.00 **The Lionesses: A League of Their Own Special** Jill Scott gives Katherine Ryan and Maisie Adam a football masterclass.
8.00 **Fight Night International** Another chance to see Devin Haney v Vasiliy Lomachenko.
9.00 **The Ashes** England v Australia.
10.00 **NBA Basketball** Boston Celtics v Brooklyn Nets in game one of the 2021/22 NBA first round play-off.
10.30 **PL Retro** Arsenal v Leeds Utd.
12.30 AM **Betfred Super League Highlights** Top-flight action.
1.00 **The Ashes** England v Australia.
2.00 **The Open** Action from Hoylake.
3.00 **Betfred Super League Highlights** Top-flight action.
3.30 **The Rugby Championship**
5.40 **Darts Top Five Moments**
5.45 **to 6.00** AM **My Icon**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Serie A** Highlights.
2.00 PM **MLB** A replay of Atlanta Braves v Arizona Diamondbacks. **4.30** A chance to see Seattle Mariners v Minnesota Twins.
7.00 **Serie A** AC Milan v AS Roma.
8.00 **Serie A – Full Impact** The 2022/23 Italian top-flight season.
9.00 **UEFA Europa League & Conference League Magazine** A review of the 2022/23 UEFA Europa League. **10.00** The 2022/23 UEFA Europa Conference League.
11.00 **UFC: The Ultimate Fighter** This documentary series follows MMA fighters as they train and compete against each other.
12.00 M'T **What Went Down**
1.00 AM **UFC** Leon Edwards.
2.00 **UFC Fight Flashback**
2.30 **UFC** Tom Aspinall's comeback.
3.00 **to 6.00** AM LIVE **Badminton** Coverage of the semi-finals of the Korea Open in South Korea.

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Cycling: Tour de France**
7.00 **Tour de France: Breakaway**
7.30 **FIA World Endurance C'ship**
8.30 **Bennetts British Superbikes**
9.30 **Climbing World Cup**
10.30 **Cycling: Tour de France**
11.30 **Tour de France: Breakaway**
12.00 NOON LIVE **Cycling: Tour de France** Coverage of stage 19.
5.00 PM **Cycling: Tour de France Femmes** A look ahead.
5.30 **Tennis: Wimbledon**
7.00 **Climbing World Cup**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Sailing: Spirit of Yachting**
10.00 **Hall of Fame: Rio 2016**
11.00 **Cycling: Tour de France**
12.00 M'T **Tour de France: Breakaway**
12.30 AM **Sailing: Spirit of Yachting**
1.00 **Speedway Grand Prix**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: Breakaway**
3.30 **The Power of Sport**
4.00 **to 6.00** AM **Highlights**

Eurosport 2

414 414 869 | 522 | 413 436

6.30 AM **Bennetts British Superbikes**
7.30 **Cycling: Tour de France Femmes** A look ahead.
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Motocross World C'ship**
10.00 **Formula E** Recent action.
12.00 NOON **British Superbikes**
1.00 PM **Show Jumping**
2.00 **Climbing World Cup**
3.00 **Hall of Fame: Tokyo 2020**
4.00 **British Superbikes Extra**
5.00 **British Speedway**
6.00 **Supercross** From Villa Park.
7.00 **World Surf League**
8.00 **Bennetts British Superbikes**
9.00 **Speedway Grand Prix**
10.00 **Formula E** Recent action.
12.00 M'T **The Power of Sport**
12.30 AM **Cycling: Tour de France**
1.30 **Tour de France: Breakaway**
2.00 **Bennetts British Superbikes**
3.00 **Formula E** The Rome ePrix.
4.00 **to 6.00** AM **Cycling: Tour de France**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Netball Superleague**
8.30 **Super League Highlights**
9.00 LIVE **NRL New Zealand Warriors v Canberra Raiders.** Coverage from Go Media Stadium in Auckland. Kick-off **9.00am**.
11.00 LIVE **NRL South Sydney Rabbitohs v Brisbane Broncos.** From Sunshine Coast Stadium in Queensland. Kick-off **11.00am**.
1.00 PM **World Matchplay Darts**
4.00 **Darts Gold** Archive action.
4.30 **Super League Highlights**
5.00 **NBA Basketball**
7.00 **WNBA** New York v Seattle.
9.00 **Super League Highlights**
9.45 **Rugby League Retro**
11.45 **NBA Basketball**
1.45 AM **WNBA** New York v Seattle.
3.45 **Super League Gold**
3.50 LIVE **NRLW Gold Coast Titans v North Queensland Cowboys.** From Robina. Kick-off **3.50am**.
5.50 **to 6.00** AM **Super League Gold**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **Highlights**
8.55 LIVE **Formula 3** The Hungarian Grand Prix practice session.
9.45 **Sky F1 Ashes**
10.00 LIVE **Formula 2** The Hungarian Grand Prix practice session.
10.55 **F1 Features**
12.00 NOON LIVE **Formula 1** The Hungarian Grand Prix first practice session at Hungaroring.
2.00 PM LIVE **Formula 3** The Hungarian Grand Prix qualifying session from Hungaroring.
2.40 **F1 Features**
2.55 LIVE **Formula 2** The Hungarian Grand Prix qualifying session.
3.35 LIVE **Formula 1** The Hungarian Grand Prix second practice.
5.30 **F1 Features**
7.00 **Indycar** The Honda Indy Toronto.
8.00 **The F1 Show**
9.00 LIVE **Indycar** The Hy-Vee Homefront 250 first practice.
10.30 PM **to 6.00** AM **Highlights**

SKY HD SD | VIRGIN HD | BT HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

BBC iPLAYER Horrible Histories: Foul Football

Wednesday, 6pm, CBBC & BBC iPlayer

Ahead of the Women's World Cup kicking off in Australia and New Zealand on Thursday morning, legendary Lioness Jill Scott takes a journey through the history of the beautiful game.

With Rattus along for the ride, Jill learns that football's origins go all the way back to Ancient Rome, when legions played a ball game to build team spirit. The ex-footballer also looks at the history of the women's game, including why the FA banned it for more than 70 years.

NEW

Sky Kids Tankee's Super Luigi Galaxy

Available from Monday, Sky Kids On Demand

With his brother Mario always in the limelight, it's about time Luigi had his star turn! Gamer and YouTuber AbdullahSmash introduces us to a special version of the Super Mario Galaxy when he beats Bowser and collects 120 coins to unlock a hidden level that puts the green-bedecked Luigi at the forefront of the game.

More great shows to watch this week...

Supa Team 4

Available from Thursday, Netflix

African animated series about four teenagers who are just attempting to survive school when they are recruited to become superheroes by a retired secret agent, and set off on a quest to save the world.

Pokémon Ultimate Journeys: The Series

Saturday, 9am & 7pm, Pop! (Sky 614, Virgin 736)

New episodes of the animation, as Ash, alongside Pikachu, continues his quest to be World Champion.

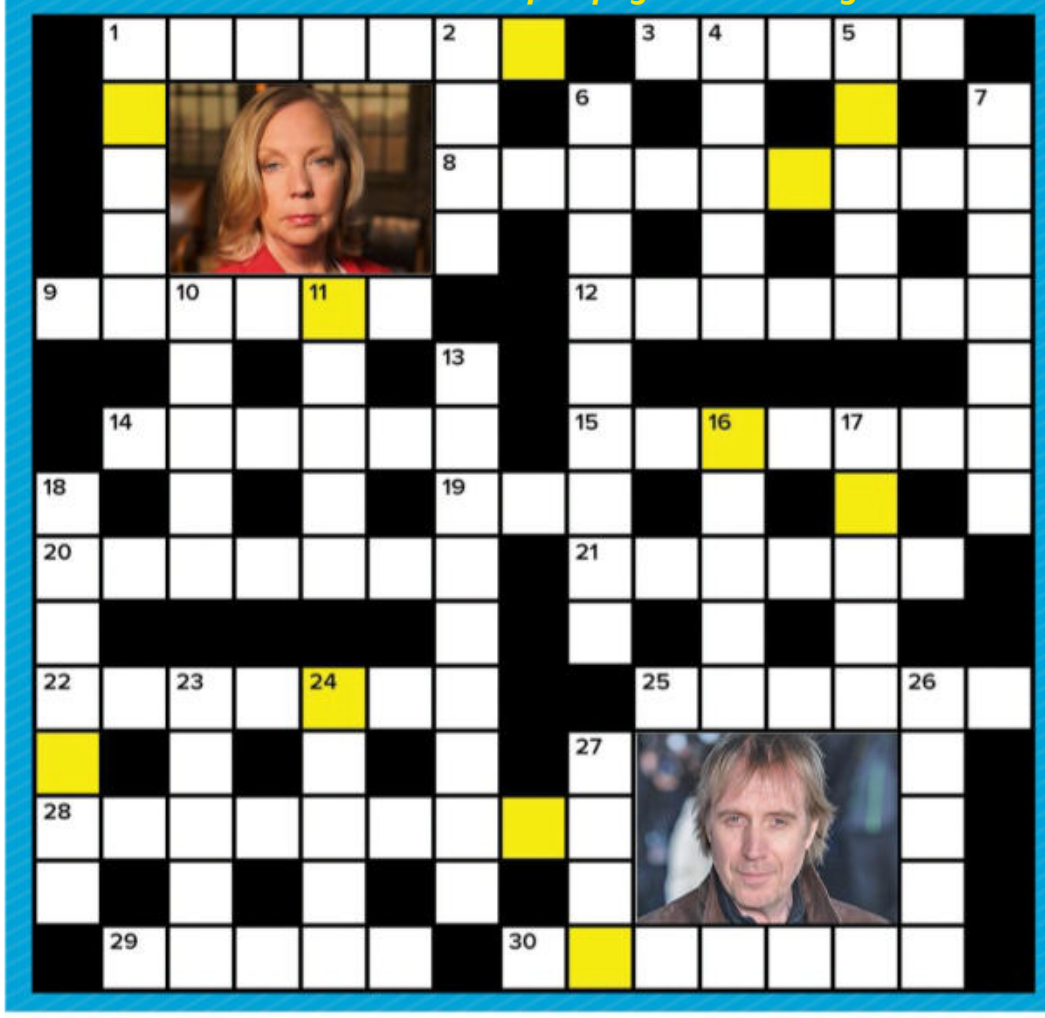
Barbie: Princess Adventure

Friday, 9am & 7pm, Pop! (Sky 614, Virgin 736)

Tune into Pop! throughout the summer for movies such as this fun adventure with the Mattel fashionista.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out an English actor (6,5). Answers at the bottom of the page – no cheating!



ACROSS

1 Former presenter of *This Morning*, ------- Schofield (7)
3 American action thriller and sci-fi TV series with Jennifer Garner (5)
8 *Lovejoy*'s Eric ---------, played by Chris Jury (9)
9 High school that featured in 1978 musical film *Grease* (6)
12 *No, No,* -------, 1920s musical comedy (7)
14 Debut album of Kate Bush from 1978, *The Kick* ------ (6)
15 1995 film starring Clint Eastwood, *The* ------- of *Madison County* (7)
19 1990 John Waters film starring Johnny Depp, --- *Baby* (3)
20 Sci-fi series, *Star Trek:* ------- (7)
21 See picture clue: Dragon on *Dragons' Den*, Deborah ------ (6)
22 Adam -------, former *Hollyoaks* and *Coronation Street* actor (7)
25 Voice star from cartoon *Bob's Burgers*, Kristen ------ (6)
28 1999 film that starred Keanu Reeves as Neo (3,6)
29 Dave Nice's fellow DJ Mike, played by Paul Whitehouse (5)
30 2001 romantic musical film starring Mariah Carey, Da Brat and Max Beesley (7)

DOWN

1 Tom -----, US singer (5)
2 English comedian and actor, Robin ---- (4)
4 Star of 1998 movie *The Parent Trap*, Lindsay ----- (5)
5 ----- *a Boy*, 2002 film with Hugh Grant and Nicholas Hoult (5)
6 1980s coming-of-age film based on a story by Stephen King (5,2,2)
7 ------- *Me*, Engelbert Humperdinck hit (7)
10 Winner of 2021's *I'm a Celebrity... Get Me Out of Here*, ----- Miller (5)
11 *Made in Chelsea* star, Jamie ----- (5)
13 *Madam* ---------, American political TV drama (9)
16 Son of Cain and Moira Dingle in *Emmerdale* (5)
17 ----- Scacchi, Italian-Australian actor (5)
18 Played 'Big' Ed Hurley in *Twin Peaks*, ------- McGill (7)
23 Jack Bruce, Eric Clapton and Ginger Baker's 60s rock band (5)
24 See picture clue: Rhys -----, Welsh actor in 1999 film *Notting Hill* (5)
26 Ricky Gervais' comedy drama series, ----- *Life* (5)
27 ---- Foley, Eddie Murphy in 1985 comedy *Beverly Hills Cop* (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: ALAMY, BBC, SKY. BARBIE IMAGE: ©2023 MATTEL. ALL RIGHTS RESERVED.

CROSSWORD SOLUTION

ANSWER: Billie Piper **ACROSS:** 1 Phillip 3 Alias 8 Catchpole 9 Rydell 12 Nanette 14 Inside 15 Bridges 19 Cry 20 Voyager 21 Meaden 22 Rickitt 25 Schaal 28 The Matrix 29 Smash 30 Glitter
DOWN: 1 Petty 2 Ince 4 Lohan 5 About 6 Stand by Me 7 Release 10 Danny 11 Laing 13 Secretary 16 Isaac 17 Greta 18 Everett 23 Cream 24 Ifans 26 After 27 Axel

Coming soon

Boiling Point

Vinette Robinson as Carly

Stephen Graham plays Andy

Vinette Robinson and Stephen Graham star in a tense restaurant drama

High-octane drama series *Boiling Point*, set in a busy kitchen, is due to air on BBC1 later this year.

The four-parter is a follow-up to the award-winning 2022 film, directed by Philip Barantini, and sees Stephen Graham reprise his role as hard-living chef Andy, who is recovering from a heart attack. Now, his protégée and former sous-chef Carly, played by Vinette Robinson, is head chef at east London restaurant Point North and has taken many of her old colleagues with her.

But in a struggling hospitality industry, Carly and her crew find it difficult to keep their heads above water and tempt diners, while they also deal with their own myriad of private troubles.

ROLLER COASTER

Hannah Walters, who is an executive producer on the drama along with her real-life husband Graham, portrays pastry chef Emily once more, while Ray Panthaki, Gary Lamont, Áine Rose Daly, Taz Skylar, Daniel Larkai, Stephen McMillan, Hannah Traylen and Izuka Hoyle also return. Stephen Odubola, Shaun Fagan, Joel MacCormack, Ahmed Malek and Missy Haysom are joining the cast, along with Cathy Tyson as Carly's mum.

'The incredible reaction to the film, along with the huge desire to know more, has led us to create a drama series in which we will keep the audience gripped,' explain Graham and Walters. 'To go on a journey with our established and new characters will be a roller coaster of emotions.

'Our aim is to make a powerful drama reflecting social realism as well as raising real issues that have an effect on each and every one of us.'

WHAT'S NEXT FOR...

Sue Perkins

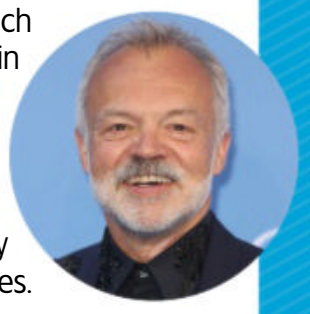
In C4's game show **Double the Money**, the comic will host as pairs of contestants are given a small amount of cash and sent away to increase it using clever schemes, with the top-earning duo taking the jackpot.

Jamie Oliver

C4's four-part series **Jamie Cooks the Mediterranean** will see the chef travel through urban and coastal areas of Greece, Tunisia, Spain and France to find authentic ways of cooking, meet the locals and create recipes.

Graham Norton

The comedian and presenter will host ITV1's revival of game show **Wheel of Fortune**, in which contestants will spin the wheel and select letters to solve word puzzles. There will also be two celebrity specials in the series.



Coming Back

C4's sitcom **The Horne Section TV Show** will return for a second six-part series as Alex Horne and his band embark on more musical adventures. 'Very excited about this,' says Horne. 'It's going to be stupid fun.'

Next week On sale Tuesday 18 July

Special Ops: Lioness

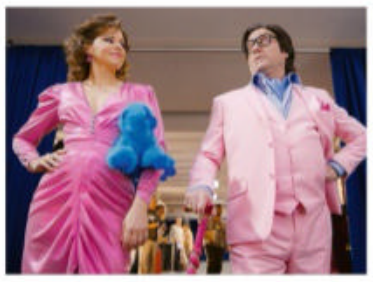
Paramount+'s thriller sees Zoe Saldaña as a CIA operative trying to bring down a terror group.

The Power of Parker

In BBC1's 1990-set comedy, Conleth Hill plays an entrepreneur whose life spirals out of control.

Good Omens

The return of Prime Video's fantasy sees Michael Sheen and David Tennant facing a new crisis.



The Beanie Bubble

Elizabeth Banks and Zach Galifianakis star in Apple TV+'s film about the Beanie Babies craze.

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Lena Liu

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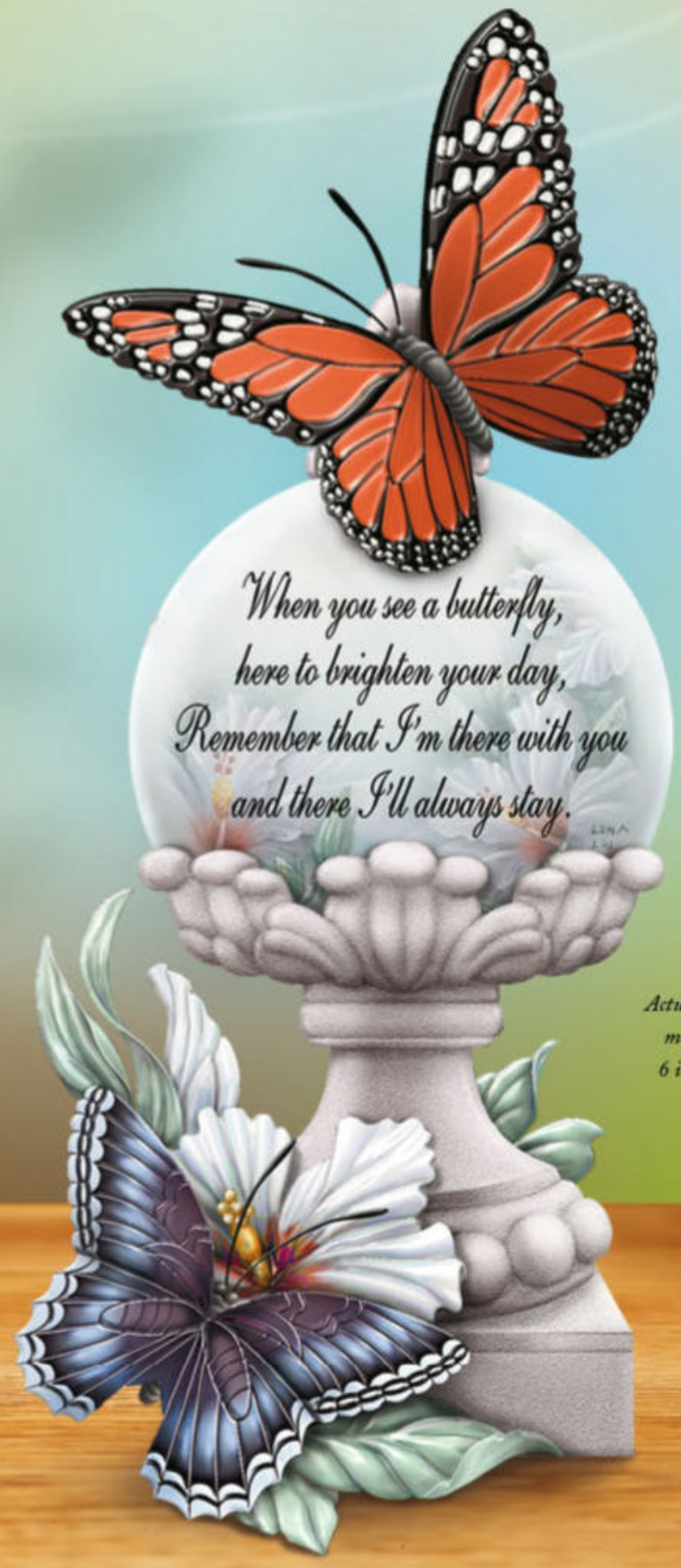

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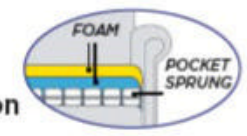

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